



Rainbow Soup

Ingredients:

	5 serves	10 Serves	20 Serves
Olive oil	½ tbsp	1 tbsp + 1 tsp	2 tbsp + 2 tsp
Onion, diced	2/3 cup	1 ¼ cup	2 ½ cups
Carrot, sliced	2/3 cup	1 ¼ cup	2 ½ cups
Celery, sliced	2/3 cup	1 ¼ cup	2 ½ cups
Garlic, minced	2 cloves	5 cloves	10 cloves
Thyme, dried	¼ tsp	½ tsp	1 tsp
Italian seasoning	½ tsp	1 ¼ tsp	2 ½ tsp
Chicken stock (salt-reduced)	1.25L	2.5L	5L
Tomatoes, diced	1 ¼ cans (500g)	2 1/2 cans (2kg)	5 cans (4kg)
Bow-tie pasta	1 cup	1 3/4 cups	3 ½ cups
Cannellini beans	½ can (200g)	1 ¼ cans (500g)	2 ½ cans (1kg)
Corn	1 cup	1 ¾ cups	3 1/2 cups
Peas	1 cup	1 ¾ cups	3 ½ cups
Salt and pepper	To taste	To taste	To taste

Directions:

1. Place oil in a large pot and heat to medium-high heat. Add the onion, carrots, and celery. Saute, stirring occasionally, for 8-10 minutes or until vegetables are tender.
2. Add in the garlic and stir until fragrant, about 30 seconds.
3. Add the thyme and Italian seasoning.
4. Stir in chicken stock and diced tomatoes.
5. Bring soup to a boil over high heat.
6. Once boiling, stir in pasta, and cook, stirring occasionally, 6-7 minutes or until pasta is tender.
7. Stir in the beans, corn, and peas just to warm through.
8. Season with salt and pepper to taste
9. Remove from heat and then ladle soup into bowls.

Allergens: Gluten, wheat
To make gluten free, switch to gluten free pasta

Food Group	Serves provided per portion
Vegetables	2.3
Fruit	0
Grain foods	0.6
Lean meat and alternatives	0.3
Milk, yoghurt and cheese	0