



# 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:

- 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.
- Add in the garlic and stir until fragrant, about 30 seconds.
- Add the thyme and Italian seasoning.
- Stir in chicken stock and diced tomatoes.
- Bring soup to a boil over high heat.
- Once boiling, stir in pasta, and cook, stirring occasionally, 6-7 minutes or until pasta is tender.
- Stir in the beans, corn, and peas just to warm through.
- Season with salt and pepper to taste
- 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