



GREENS & BEANS SOUP

Ingredients

1 leek, finely sliced
1 tbsp olive oil
6 cups vegetable broth
4 cups rainbow chard, finely chopped including stalk
1 cup parsley, finely chopped
1 x 400g can organic cannellini beans, drained
2 lemons, zest and juice
2 cups cooked small sized pasta (optional)
Salt and pepper to taste

Supercharge: Add 1 cup of fennel, finely sliced to help support digestion and milk supply. It can also offset any gass/bloating caused by leek and the medicinal properties will flow through breastmilk, reducing colic in bub. Sprinkle with Australian hemp seeds for added complete protein. Protein is important for tissue healing as well as colostrum production.

This light and refreshing soup is the perfect delivery for a new mama. Quick and simple to make using easy to find ingredients. A delicious, nourishing, vegetable broth base with zingy lemon, hearty beans and mineral rich, colourful greens.

Method

In a large saucepan sauté leek and olive oil over medium heat for 10 minutes until caramelised.

Add vegetable broth and bring to the boil. Once boiling add lemon juice, zest, chard, parsley, pasta, salt and pepper.

Allow greens to soften for 2 minutes then serve.

Delivery Notes: Deliver me in individual glass jars or one large sealed container and don't forget to add a best before date. Can be stored in the fridge for up to 4 days. Can be stored in the freezer for up to 6 months.

Sensitivity Notes: Reduce or remove leek if mama is sensitive or baby has colic.