Creamy borlotti bean and pasta soup

People with Down Syndrome

Ingredients

Down Syndrome New South Wales

- 1 tbsp extra virgin olive oil
- 1 brown onion, finely chopped
- 2 carrots, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp finely chopped fresh
 rosemary leaves
- 1 litre Massel Vegetable
 Liquid Stock
- 400g can diced tomatoes
- 200g dried spiral pasta
- 400g can borlotti beans, drained, rinsed
- 1/2 cup thickened cream
- 2 tbsp shaved parmesan
- 2 tbsp roughly chopped
 - fresh flat-leaf parsley



Directions Step 1

- Heat oil in a large saucepan over medium-high heat.
- Add onion, carrot, garlic and rosemary.
- Cook, stirring, for 5 minutes or until softened.
- Add stock and tomatoes.
- Stir.
- Bring to the boil.
- Reduce heat to medium.
- Cook, covered, for 10 minutes.
- Remove from heat.
- Using a stick blender, blend soup until smooth.
- Season with salt and pepper.



Step 2

- Return to the boil over medium-high heat.
- Stir in pasta.
- Simmer, covered, stirring often, for 12 to 15 minutes or until pasta is tender.
- Add beans and 1/2 the cream.
- Stir to combine.

Step 3

- Drizzle soup with remaining cream.
- Serve topped with parmesan, parsley and pepper.





