

Winter Greens Soup

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2-3 tablespoons olive oil
- 2 carrots, diced
- 1 celery stalk, diced
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 500g mixed greens (kale, chard, silverbeet), stems discarded, leaves chopped
- 1 can chickpeas, rinsed and drained
- 8 cups vegetable stock
- parmesan rind
- parmesan cheese to serve

Equipment:

- large saucepan
- wooden spoon
- chopping board
- knife
- metric measuring spoons
- grater

Method:

1. Heat olive oil in a saucepan over low heat. Add the carrots, celery, onion and cook until they have softened (approx. 10 -15 minutes).
2. Stir in the garlic and cook until fragrant, 2 to 3 minutes.
3. Add mixed greens and stir until softened.
4. Lastly add vegetable stock and chickpeas and rind of a parmesan cheese.
5. Bring to a simmer over medium heat and cook for 20-30 minutes. Season to taste.
6. Serve with a sprinkling of parmesan cheese.