



# Roast Vegetable and Bean Soup with Chicken

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## Ingredients

1 onion diced  
2 ribs of celery diced  
1 large carrot diced  
1 tbsp crushed garlic  
2 cups cabbage chopped  
½ head of broccoli chopped  
½ head of cauliflower chopped  
1 fennel bulb diced  
2 cups chopped swiss chard  
olive oil  
garlic powder, tumeric, dried ginger,  
smoked paprika, salt and pepper  
1 can big white beans  
2 chicken stock cubes or chicken bone  
broth

## Instructions

- Preheat oven to 180 degrees
- In a big oven roasting dish place all the vegetables and spray generously with olive oil.
- Layer on the salt, pepper, herbs and spices whatever you prefer
- Toss the vegetables well in the herbs and spices so they are all coated
- Cover with baking paper and then tin foil
- Roast the vegetables covered for 40 mins and then uncovered for 15 minutes.
- Place vegetables in a big pot and cover with hot water, bone broth and chicken stock
- Allow to simmer away for 30 minutes then add the rinsed tin of beans and the chopped swiss chard
- Allow to simmer a further 15 minutes. You can add cooked chicken to the soup to add extra protein and double the ratio to cook a big batch to freeze into easy access portions

Soup is the easiest way to bulk cook and freeze easy,  
nutritious, high fiber and high protein meals.