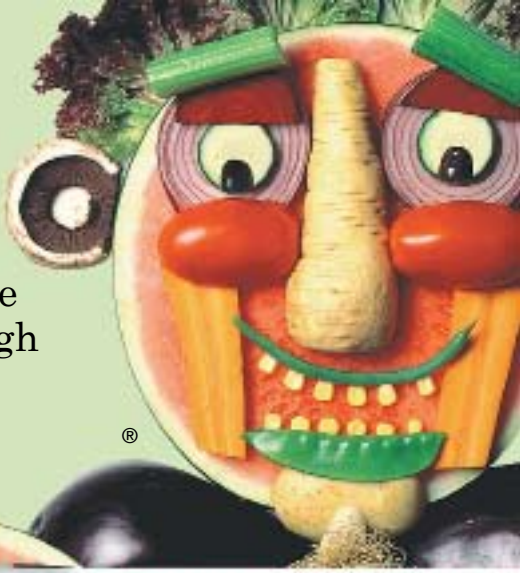



Think you're
getting enough
vegies?
Cut it out.



HEARTY BEAN AND HAM SOUP

 15 minutes preparation + 1hr 15 minutes cooking

 **Provides 3 serves of vegies per person**

Serves 6 people

- 1kg lean bacon bones
- 5 cups water
- 440g can haricot beans, rinsed and drained
- 2 carrots, diced
- 2 sticks celery, sliced
- 2 zucchinis, diced
- 440g can tomatoes, peeled and diced
- 1 tablespoon tomato paste
- 2 tablespoons fresh parsley, chopped

Place bacon bones and water in a large pot. Bring to the boil and simmer for 1 hour. Remove bones, strip any lean meat from them and set aside. Skim any visible fat from top of pan with a large flat spoon (or blot with absorbent paper). Add remaining ingredients, except parsley, and return to the boil. Simmer over gentle heat for 15 minutes until soup looks thick and hearty. Return the lean meat and fold through parsley just before serving.

Variation

Use 300g dried beans and prepare according to packet directions. Add soaked dried beans with bacon bones. Replace haricot beans with borlotti or soya beans.

For more information visit:
www.gofor2and5.com.au



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FRUIT VEG

An Australian Government, State and Territory health initiative.



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