

MEATLESS MONDAY: SLOW COOKER SEASONAL VEGETABLE SOUP W/ WHITE BEANS & SAUSAGES

Serves: 6

Prep: 40 mins (*Dependent upon skill and/or kitchen helpers!)

Cooking Time: 4-8 hrs (*Dependant on S.C. setting)

Type: Main Meal

Tools: Colander, chopping board, sharp knife, vegetable peeler, frying pan, slow cooker

Courtesy of: Eat2Health Blog



Here's another great seasonal recipe that's plant-based and easy to execute! A tasty and seasonal stew that will not only warm your heart and soul, but will help to kick off the year on a fantastic note! A delicious soup that has a lovely natural sweetness from the carrot, swede and fennel and is wholly satisfying. We have suggested the use of plant-based 'sausages', but these are completely optional; the soup is tasty and satisfying without them!

Ingredients

12g Garlic Clove (2 fat ones!)

140g Brown Onion

200g Yellow Bell Pepper

400g Fennel Bulb

360g Carrot

1kg Swede

10g Fresh Rosemary

440g Cooked Butter Beans (approx. 2 tins or 220g dried/cooked variety)

1 tbsp Rapeseed Oil (or low-fat cooking oil)

Salt & Ground Black pepper

187ml White Wine

1 Bay Leaf

1.4L Vegetable Stock (low-salt/GF if required)

240g Frozen Green beans, defrosted

6-9 Vegan Sausages (*optional)

Directions

1. Peel and finely chop the garlic and onion. Wash, remove the stem and core and then finely chop the bell pepper. Wash the fennel, trim the ends, slice it (horizontally) into two halves and then finely chop. Wash, peel, trim the bottom and then chop the swede into cubes. Drain and wash the beans (if applicable). Wash the rosemary, remove the leaves from its stem and then finely chop them.

Tip: Check out a previous [recipe](#) for some help on preparing your fennel.

2. Wash, peel, trim the ends and then quarter the carrot(s).

3. Heat 1 tbsp of rapeseed oil in a large, non-stick frying pan or pot. **Tip:** *Looking for a lower-fat option? Swap the oil for some low-fat cooking oil instead.* Add the garlic and onion. Gently fry for 1-2 mins or until softened. Add the bell pepper, fennel and carrot. Stir together. Gently fry for 3-4 mins or until slightly softened. Add the swede. Cover with a lid and gently fry/steam-fry for a final 3-4 mins. Season it with some salt and black pepper to taste. Remove from the heat. Transfer the vegetable mixture into a slow cooker.

4. Add the rosemary, butter beans, wine, bay leaf and stock (and/or water). Stir together. Season it with some black pepper to taste. Cover with a lid. Cook on a low heat setting for 7-8 hours or on a high setting for 3-4 hours instead.

In the meantime...

5. Snap the beans into halves and defrost them. Add them to the slow cooker during the last 30mins of cooking. Alternatively, steam and then add them to the slow cooker just before serving.

6. Cook the sausages according to the packet instructions. Allow them to cool and 'set'. Add them into your soup just before serving (if applicable). **Tip:** *Due to the ingredients in these types of sausages, they will quickly dissolve into your soup's broth if you add them whilst the soup is still cooking!*

7. Ladle the soup into large serving bowls. Add the cooked sausages (if desired); serve with bread if preferred (a friendly warning: this soup is super filling without!). Garnish with some fresh rosemary, parsley or chives if preferred.

8. Enjoy!

Notes:

- Refrigerate any leftover soup in an air-tight and resealable container; reheat and consume within 3-4 days. Alternatively freeze in one or several containers; defrost, reheat and consume within 2 months.
- Tip: If preferred, use a mixture of ½ volume water, ½ volume stock with some additional fresh or dried herbs instead of using loads of stock!
- Those embarking on 'Veganuary' might be keen to sample some processed/ plant-based goodies to help ease their transition. It's important to note that these types of faux meats are not the gold standard to plant-based eating and/or healthy eating in general; a lot of these products contain a lot of oil and/or high levels of salt. However, they can be quite tasty and useful in moderation, but we would always recommend trying to make these plant-based goodies yourself.
- Quick Foodie Facts:
 - *Per serving this soup contains about 5 servings of vegetables towards your 5-A-Day! Now that is truly #eating2health!*
 - *Butter beans are a great source of nutrients including: Vitamins A, B1, B3, B6, protein, fibre, calcium, iron, magnesium, potassium, zinc (just to name a few!), are naturally low in fat and count towards your 5-A-Day!*