

COOKING FOR WELLNESS

January 2021 Recipes



Jamie Oliver



Minestrone soup

WHOLESOME & HEARTY

SERVES: 8

COOKS IN: 1 HOUR 20 MINUTES

DIFFICULTY: SUPER EASY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
175	2.3g	0.5g	8.9g	0.24g	9.5g	28.9g	7.9g
9%	3%	3%	10%	4%	19%	11%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

- 1 clove of garlic
- 1 red onion
- 2 carrots
- 2 sticks of celery
- 1 courgette
- 1 small leek
- 1 large potato
- 1 x 400 g tin of cannellini beans
- 2 rashers smoked streaky bacon, plant-based bacon alternative, or mushrooms
- olive oil

Method

1. Peel and finely chop the garlic and onion. Trim and roughly chop the carrots, celery and courgette, then add the vegetables to a large bowl.
2. Cut the ends off the leek, quarter it lengthways, wash it under running water, then cut into 1cm slices. Add to the bowl.
3. Scrub and dice the potato. Drain the cannellini beans, then set aside. Finely slice the bacon/alternative.
4. Heat 2 tablespoons of oil in a large saucepan over a medium heat. Add the bacon/alternative and fry gently for 2 minutes, or until golden.
5. Add the garlic, onion, carrots, celery, courgette, leek, oregano and bay and cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally.
6. Add the potato, cannellini beans and plum tomatoes, then pour in the vegetable stock. Stir well, breaking up the tomatoes with the back of a spoon.
7. Cover with a lid and bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through. Meanwhile...
8. Remove and discard any tough stalks bits from the greens, then roughly chop.

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½ teaspoon dried oregano

1 fresh bay leaf

2 x 400 g tins of plum tomatoes

1 litre organic vegetable stock

1 large handful of seasonal greens , such as
savoy cabbage, curly kale, chard

100 g wholemeal pasta

½ a bunch of fresh basil , optional

Parmesan cheese

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9. Using a rolling pin, bash the pasta into pieces while it's still in the packet or wrap in a clean tea towel.
10. To check the potato is cooked, pierce a chunk of it with a sharp knife – if it pierces easily, it's done.
11. Add the greens and pasta to the pan, and cook for a further 10 minutes, or until the pasta is al dente.
This translates as 'to the tooth' and means that it should be soft enough to eat, but still have a bit of a bite and firmness to it. Try some just before the time is up to make sure you cook it perfectly.
12. Add a splash more stock or water to loosen, if needed.
13. Pick over the basil leaves (if using) and stir through. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholemeal bread, if you like.



RECIPE FROM

Jamie's Food
Revolution

BY JAMIE OLIVER



New Year's Soup



Black-eyed peas for luck, and collard greens for money - this New Year's soup is healthy, tasty, and bound to bring a great year!

Prep: 15 mins

Cook: 1 hr

Total: 1 hr 15 mins

Servings: 4

Yield: 4 servings



Ingredients

1 tablespoon extra-virgin olive oil

2 cloves garlic, crushed

1 small onion, chopped

2 carrots, peeled and sliced

3 leaves collard greens, coarsely chopped

1 (14.5 ounce) can vegetable broth

1 (15 ounce) can black-eyed peas, rinsed and drained

½ cup quinoa

1 cup water

1 tablespoon cider vinegar, or to taste

salt and ground black pepper to taste

Directions

Step 1

Heat olive oil in a soup pot over medium heat; cook and stir garlic until it begins to brown, about 3 minutes. Add onion and carrots. Cook and stir until carrots begin to brown and onion becomes translucent, 7 to 8 minutes. Cook and stir collard greens into onion mixture until wilted, about 5 minutes.

Step 2

Pour vegetable broth and black-eyed peas into vegetables, bring to a boil, and reduce heat to low. Cover and simmer soup until vegetables are softened, 20 to 25 minutes.

Step 3

While soup is simmering, mix quinoa and water in a saucepan, bring to a boil, and reduce heat to low. Cover and simmer until the water has absorbed into the quinoa, about 10 minutes. Stir cooked quinoa into soup and simmer until collard greens are tender, about 10 more minutes. Stir cider vinegar into soup to taste and season with salt and black pepper.

Nutrition Facts

Per Serving:

232 calories; protein 9.5g; carbohydrates 36.6g; fat 5.6g; sodium 556.2mg.

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