

Date Prepared

BACON & VEGETABLE SOUP



GEORGES RIVER
LIFE CARE



NUTRITIONAL INFORMATION

Serves 4

Energy	1368kJ
Fat saturated	4.60g
Fat Total	14.10g
Carbohydrate	28.20g
Dietary Fibre	7.10g
Protein	19.50g
Cholesterol	39.00mg
Sodium	1912.00mg

INGREDIENTS

- 2 teaspoons olive oil
- 1 leek, trimmed, halved, washed, thinly sliced
- 2 garlic cloves, crushed
- 4 rashers middle bacon, chopped
- 1 celery stalk, trimmed, chopped
- 1 medium carrot, peeled, chopped
- 1 small swede, peeled, chopped
- 1/3 cup pearl barley
- 400g can crushed tomatoes
- 6 cups salt-reduced chicken stock
- 1 medium zucchini, halved, sliced
- 1 medium desiree potato, peeled, chopped
- 1 tablespoon chopped fresh basil leaves

FREEZING INFORMATION

- To freeze: cool, freeze in foil tray for up to 3 months
- To thaw: thaw in fridge overnight

METHOD

1. Heat oil in a large saucepan over medium heat. Cook leek and garlic, stirring, for 2 to 3 minutes or until leek has softened. Add bacon, celery, carrot and swede. Cook, stirring, for 5 minutes or until bacon is golden.
2. Stir in barley, tomato and stock. Bring to the boil. Reduce heat to low. Simmer for 40 minutes or until barley has softened.
3. Stir in zucchini and potato. Simmer for 20 minutes or until vegetables are tender. Add basil. Stir to combine. Serve.

Please fix this label to the top of the tray