

Lemon Tofu Vegetable and Kale Soup (vegetarian/vegan)



Serve 8 (size 340ml)

Energy: 580kj (139Kcal), protein: 8g, total fat: 9g, saturated fat: 1g, carbohydrate: 4g, dietary fibre: 7g, sodium: 65mg per 100g

Ingredients

- Olive oil Lite x 2 tbs
- Garlic x 6 cloves
- Brown onion x 1 large onion or 100g
- Celery stalks x 2 - 3 or 300g
- Carrot x 2 - 3 medium size or 300g
- Zucchini x 2 -3 medium size or 300g
- Vegetable stock x 2 litres – (you can use chicken stock, but this may increase sodium content)
- Parsley either flat or curly leaf (chopped) x 1 cup or a good handful

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- Bay leaves x 2
- Lemons x 2 or 150g
- Tofu x 400g
- Kale chopped x 1 bunch or 200g
- Spring Onions x 8 stalks

Method

1. Finely dice the garlic and onion and set aside
2. Finely dice the celery, carrots and zucchini and set aside
3. With a seven litre pot over low heat, add olive oil and sauté the onion and garlic being careful not to brown.
4. Now add the diced vegetables until it becomes slightly cooked and stir, making sure it does not burn and stick to the bottom of the pot.
5. Add only half of the stock until the vegetables are covered with liquid (as you cook the soup, it will require more to stop it going to dry)
6. Cut lemons in half (it is important to remove the seeds because the seeds can make the soup bitter) and add juice to soup.
7. Add the bay leaves
8. Cover and bring to the boil and then reduce the heat to a gentle simmer and cook for a further 30 minutes, remembering to add more stock as needed.
9. Cut tofu into approximately 1 cm cubes and add to the soup and cook for further 10 minutes
10. You may need to add stock continually during the cooking ensuring the soup does not go dry and keeping the soup just covered with liquid.
11. Now add the kale and cook until softened.
12. Slice the spring onions and use as garnish and serve.

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