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Warming Winter Cooking With The Healthy Chef

Nourish yourself from the inside out with Teresa Cutter's Hearty Vegetable Soup



Teresa Cutter is one of Australia's leading authorities on healthy cooking. She's dedicated to improving the health and wellbeing of Australians with food, and her training and experience as a qualified chef, fitness trainer, and nutritionist means her website, The Healthy Chef, and cook books are an unbeatable resource when it comes to preparing purely delicious meals for optimum health and wellbeing.

Teresa says, "I love making warm and hearty vegetable style soups this time of year. Most of the time, I get leftover veggies from the fridge and throw them into a pot to simmer down into a nourishing symphony of flavours that make me feel warm and revitalised. This recipe for Ribollita is from my 80/20 cookbook (<https://secure.thehealthychef.com/shop/product/the-80-20-diet-book>) and

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POST OF THE MONTH

Aquabumps x Speedo: A story of origin, roots & a genuine love of the sun, surf and sand



We are proud to say this is our 7th year working collaboratively with Aquabumps and iconic photographer Eugene Tan on the Aquabumps High Summer 17/18 swimwear collection. [Read post >> \(/dive-](#)

what I love is that it lasts for days in the fridge, so you can enjoy it for lunch or dinner topped with a little pesto or finely grated grana padano. I love to use the thick hearty leaves of cavolo nero (tuscan cabbage) and sometimes savoy cabbage, like my grandmother used to do. This is the perfect recipe to nourish a healthy body."

One of the things we love most about The Healthy Chef is learning why the ingredients in her recipes are so good for us nutritionally. Here, she explains why her Ribollita is so deliciously good for you.

"Kale is part of the cabbage family and this wonderful vegetable is a good source of all three antioxidants; beta-carotene, vitamin C and vitamin E. It is also rich in naturally occurring glucosinolates, which help in the fight against cancer," says Teresa, "Carrots contain vitamin A precursors called carotenoids (beta carotene) which help promote vision and support a healthy immune system. Beans are a good source of protein which is essential to repair the body and nourish the immune system. They also contain fibre that helps delay glucose absorption keeping our blood sugar more stable as well as supporting healthy digestion and colon health. Tomatoes are a wonderful source of vitamin B6, C, K, beta-carotene, potassium and manganese. The lycopene (phytonutrient) in tomatoes has been linked to lower rates of heart disease and cancer, black pepper improves digestion and has antioxidant and antibacterial effects."

Thank you very much for sharing this robust recipe with us Teresa! You can learn more about The Healthy Chef and find more nourishing recipes here (<http://www.thehealthychef.com/>).

Ribollita - Hearty Vegetable Soup

1 onion, finely diced
2 tablespoons olive oil
1 clove garlic, smashed
1 carrot, chopped
2 sticks, celery, sliced
800g ripe tomatoes, chopped
500g cavolo nero (tuscan cabbage)
350g chopped sweet potato or parsnip with skin included
500ml water
250g cooked borlotti beans
100g baby spinach
1 bunch parsley, chopped
Grana padano or parmesan cheese to serve



Sauté onions, garlic, carrot and celery for three minutes in a little olive oil until softened.
Wash cavolo nero and roughly chop the leaves. Add them to the vegetables with the sweet potato.
Add tomato and water to just cover then bring to the boil.
Reduce the heat.
Simmer for 30 minutes until thick and stew like.
Add beans and simmer for another 10 minutes.
Fold through parsley and baby spinach.
Season with a generous amount of black pepper and a little sea salt.

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Serve in bowls topped with pesto and grana padano.

Serves four.

Notes and Inspiration;

Sauté 50 grams of prosciutto and add for a flavour boost.
Add a pinch of chilli if you want a little heat.
Keeps for three days in the fridge.
Can be frozen for up to three months.

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