

Fresh for Kids®

# Quick cup of veggie, bacon & noodle soup



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## Quick cup of veggie, bacon & noodle soup

**Preparation:** about 15 minutes  
**Cooking:** about 20 minutes  
**Serves:** 4

Great for a quick meal or an after school snack on cold days.

1 tbs olive oil  
125g shortcut bacon, finely chopped  
2 green onions (shallots), thinly sliced  
1 carrot, finely diced  
1 celery stick, thinly sliced  
1 zucchini, finely diced  
50g green beans, trimmed and sliced  
4 cups chicken stock  
1 x 85g pkt 2-minute chicken noodles  
Wholegrain toast, to serve

1. Heat oil in a medium saucepan over medium heat. Add bacon and cook, stirring often, for 3 minutes. Add green onions, carrot, celery, zucchini and beans and cook, stirring often for 3 minutes.
2. Add stock, cover and bring to the boil. Reduce heat to medium low, and simmer, stirring occasionally, for 15 minutes or until vegetables are tender.
3. Meanwhile, break up dried noodles and cook, following packet directions. Drain. Add noodles to soup. Ladle soup into serving mugs or cups and serve with wholegrain toast.

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### Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

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