



This is a good one as the temperatures drop: when it gets really cold, I reckon there's nothing better than a hot, aromatic noodle soup to warm things up. Best of all, you probably have most of these ingredients lurking in your pantry cupboard already - and it's probably the easiest thing you can make.

#### INGREDIENTS

##### DUMPLINGS:

Cooking Spray

Yellow onion, chopped

2 cans white beans like broad or cannellini

1 C breadcrumbs (I do wholewheat)

1 Tb minced garlic

1/4 C flour

2 Tb olive oil

2 Tb soy sauce

2 tsp all-purpose seasoning

1 tsp each of oregano, thyme, basil

##### SOUP:

1 tsp olive oil

2 chopped carrots

1 Tb minced garlic

1 C pasta, broken up

9 C veggie broth

4 C chopped greens like silverbeet, kale, bok choy

Pinch of salt and pepper

1/4 C parsley or basil to top

## HOW TO:

Get your oven up to 200deg celsius, prepare a baking tray with baking paper

1 - To make the dumplings, mash up the beans in a bowl until they make a smooth paste. Add to this the rest of the bean dumpling ingredients, but at this point use only 1/4 of the chopped onion. You'll use the other 3/4 a bit later. Spoon out about a heaped tablespoon of bean mixture into little mounds on the baking paper and throw it in the oven. Set the timer to 30 min and let them get to it.

2 - While the dumplings are cooking, get the broth on: in a soup pot, heat up the oil, throw in the rest of the onion and work it around until it gets a nice golden brown colour. Now add the carrots, pasta, garlic and saute it for about 30seconds. Slowly (and I mean slowly...) add the broth, and let it simmer for about 10 minutes. Now add the green veggies, salt / pepper and parsley. Take it off the heat.

That's pretty much all there is to this recipe! To serve, simply put a couple of dumplings at the bottom of the bowl and top with your broth. If you're refrigerating the left overs, keep the dumplings in a separate container to the broth, otherwise they'll go soggy - no one likes soggy dumplings.