

Chunky Minestrone Soup

Ingredients (Serves 4)

- 3 large carrots, roughly chopped
- 1 large onion, roughly chopped
- 4 celery sticks, roughly chopped
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 2 large potatoes, cut into small dice
- 2 tbsp tomato puree
- 2 litres vegetable stock
- 400g can chopped tomatoes
- 400g can cannellini, borlotti or butter beans
- 140g spaghetti, snapped into short lengths
- ½ Savoy cabbage, shredded
- Crusty bread, to serve.

Method

1. Finely chop the carrots, onion, potatoes and celery.
2. Heat the oil in a large pan and add the chopped vegetables along with the crushed garlic and cook over a high heat for 5 minutes or until softened.
3. Stir in the tomato puree and cook for a few minutes, then add the chopped tomatoes and stock.
4. Bring to the boil, then turn down the heat and simmer, covered, for 10 minutes.
5. Tip in the beans and pasta, then cook for a further 10 minutes, adding the cabbage for the final 2 minutes.
6. Season to taste and serve with the bread.

Tips & Hints

- High in fibre, good source of iron and folic acid, low fat, provides your 5 a day.
- Can be frozen, allow to cool before freezing.