



## *Veggie Hotpot*

**Makes:** 6 cups

**Serve:** 1 cup (2 cups if a one-pot meal)

### **Ingredients:**

1 medium onion, peeled & finely chopped	(150g)
1 Massel stock cube	(10g)
2 ½ cups boiling water	(625ml)
1 cup wholegrain spiral pasta (wheat, rice, etc.)	(70g)
¼ cup peanut butter	(65g)
1 tin tomato soup	(420g)
1 tin four bean mix	(420g)
1 tin mixed vegetables	(420g)

### **Method:**

1. Add onion, seasoning, boiling water, pasta and peanut butter to a pot and simmer until pasta is tender.
2. Add remaining ingredients and heat through.

**Variations:** For a soup, use ½ cup instead of 1 cup of pasta. Add more water or seasonings as desired. Can substitute the tin of mixed vegetables with 1 ½ cups chopped seasonal vegetables.