



Minestrone Soup

Makes: 2 litres

Serves: 4x 2 cups

Ingredients:

1 medium onions, peeled & diced	(150g)
1 cloves garlic, peeled & chopped	(5g)
1 carrot, peeled & diced	(120g)
1 celery stick, diced	(120g)
4 cups water	(1L)
1 ½ Massel stock cubes	(15g)
½ cup wholemeal spiral pasta (wheat, rice, etc.)	(35g)
1 tsp Italian herbs or dried basil	(1.5g)
1 tin diced tomatoes	(400g)
1 ½ Tbsp tomato paste	(30g)
1 tin four bean mix	(420g)
1 Tbsp chopped fresh parsley, for garnish	(5g)

Method:

1. Place the vegetables, water, stock cubes, wholemeal pasta and herbs in a large saucepan.
2. Cover and simmer until the vegetables and pasta are tender (approximately 20 minutes).
3. Add the tomatoes, tomato paste and beans and reheat.
4. Serve with a sprinkle of chopped parsley.

Tip: Makes a delicious meal with a hearty wholemeal bread roll.