



Recipe tip:
Serve with fresh bread or toast.
Freeze for lunches or an easy dinner.



Mighty Minestrone Soup

Serves 10



Ingredients:

- 1 brown onion
- 2 cloves garlic
- 4 cups hard vegetables (e.g. potato, carrot, zucchini, celery, cauliflower)
- 1 cup spinach
- 400g tin cannellini beans
- Spray oil
- 2 teaspoons salt-reduced vegetable stock powder
- 6 cups water

- 1 bay leaf
- 140g tomato paste
- 1 tin diced tomatoes
- ½ cup red lentils
- ½ cup pasta shells
- Small bunch parsley
- Salt and pepper (optional)

Equipment:

- Chopping board, knife, sieve, can opener, frypan or large pot, large spoon, cup measures



1 Chop onion, garlic and hard vegetables into small even pieces. Drain and rinse beans.



2 Heat pot on medium heat and spray with oil. Cook onion until clear. Add garlic and stir to combine.



3 Add chopped vegetables to pot with stock powder, water, bay leaf, tomato paste, tinned tomatoes and lentils. Boil for 10 minutes.



4 Add the pasta and simmer for another 10 minutes (or until pasta is nearly cooked).



5 Chop parsley. Add to pot with spinach and beans. Cook for 5 minutes. Remove bay leaf and season to taste with salt and pepper.