



- 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

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

How to make it



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 / pepper.

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