

MINISTRONE SOUP

Serves 6



INGREDIENTS	EQUIPMENT
2 tablespoons olive oil 1 onion – finely chopped 1 garlic clove – peeled and crushed 1 medium-sized potato – cut into large cubes 1 carrot – finely chopped 1 courgette – cut into tiny cubes 2 sticks celery – diced 1 litre of water (approximately) 1 small tin chopped tomatoes – drained 150g canned Borlotti or Cannellini beans – drained 100g small pasta e.g. stiletta 100g fresh spinach – chopped fresh herbs e.g. basil, oregano and coriander ground black pepper 75g Parmesan cheese – freshly grated (to serve)	large saucepan with lid wooden spoon measuring jug vegetable knife chopping board potato peeler can opener ladle grater colander

METHOD

1. Place the oil in the pan with the onion and garlic and gently fry for 5 minutes until soft. Add the fresh vegetables, except the spinach, stir and cook gently for 5 minutes.
2. Add the water and tomatoes, cover and simmer gently for 15 - 20 minutes. Add the pasta, beans and spinach. Cook for 5 - 6 minutes. Add black pepper.
3. Serve very hot and sprinkle with Parmesan cheese.

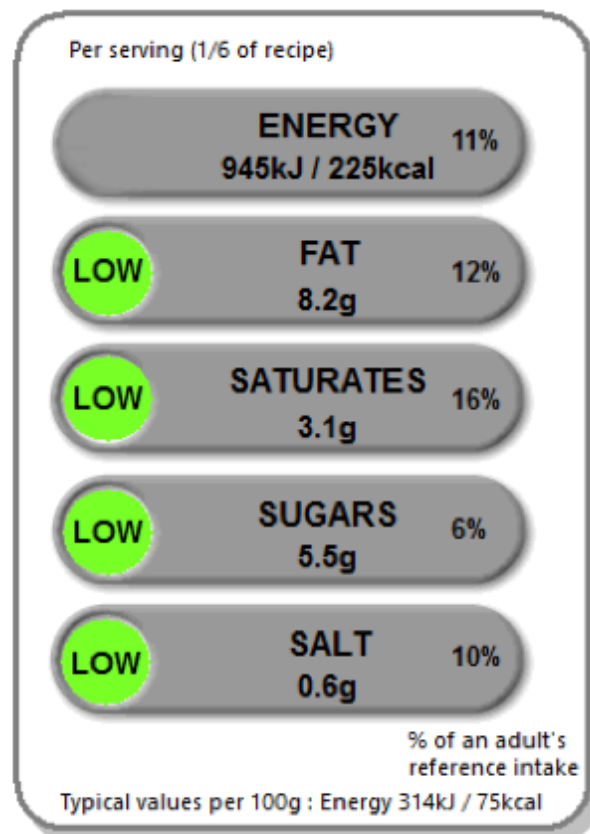
RECIPE NOTES AND TIPS

- A traditional Italian favourite and very economical.
- The combination of vegetables, pasta and beans produces a very nutritious soup that will keep you satisfied for hours.
- Tastes even better the day after you have made it! Make a big batch and store in the fridge for up to 5 days.
- Good for lunch at work or school – use a food flask to keep it warm.

ALLERGY AWARE

This recipe contains:

- Celery
- Milk (Parmesan cheese)



Based on recipe supplied by Focus on Food, 14/1/2015. No. of servings: 6

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (301g)
Energy	314kJ / 75kcal	945kJ / 225kcal
Protein	3.4g	10.4g
Carbohydrate (of which sugars)	8.3g (1.8g)	24.9g (5.5g)
Fat (of which saturates)	2.7g (1.0g)	8.2g (3.1g)
Fibre	1.7g	5.0g
Salt	0.2g	0.6g