

MINESTRONE SOUP (SERVES 10)

INGREDIENTS

100g (1 cup) pasta
2 x 400g can diced tomatoes

1 onion (finely chopped)
2 carrots (finely chopped and peeled)

420g canned peas (drained)

2 x 400g canned three bean mix

2 teaspoons mixed herbs

1 stock cube

1 litre water (not provided)

1 teaspoon oil (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Large saucepan
Wooden spoon
Measuring jug

Ladle
Chopping board
Peeler

Knife
Teaspoon



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OPTIONS

To add extra serves of vegetables to your meal you could finely chop and add the following;

- 2 celery stalks
- 1 potato (peeled)

METHOD

1. Heat oil in a large saucepan. Add chopped onion and carrot (plus any optional vegetables) and cook on medium heat for 4 to 5 minutes or until soft.
2. Add tomato and mixed herbs to the vegetables, then stir.
3. Combine stock cube with 1 litre of boiled water, stir until cube is dissolved.
4. Add stock mixture to saucepan and cook on medium heat for 4 to 5 minutes.
5. Add peas, bean mix, pasta and cook for 10 minutes stirring regularly.
6. Serve in soup bowls with the bread (optional).



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FOR MORE INFORMATION

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