

Quick & Easy Minestrone Soup Serves 2-3

Ingredients

1 T Oil
2 t Minced garlic
1 small Onion (diced)
1x 425g can Tomatoes (chopped /diced)
1 ½ t Vegetable stock powder
1 ½ cups Water
1 t Dried mixed herbs
1/3 cup Dried pasta
½ cup Mixed frozen vegetables
1x 400g can Mixed beans or red kidney beans (drained)
Salt and pepper to taste.
Juice of ½ lemon
2 T Parmesan or tasty cheese
Small handful of fresh herbs to garnish.



Method

Heat oil in a large saucepan. Add onion and garlic and cook for 2-3 minutes or until soft.

Add tinned tomatoes, vegetable stock powder, water and dried herbs. Bring to boil.

Stir in pasta and cook for 10-15 minutes or until pasta is cooked.

Add frozen vegetables and tinned beans. Cook for another 3 minutes or until they are heated through. Add lemon juice.

Adjust seasonings to taste.

Sprinkle with grated cheese and finely chopped fresh herbs.

Serve warm crusty bread

Tip: Substitute fresh vegetables such as tomatoes, beans, courgettes and red peppers for tinned and frozen foods when plentiful and cheap. Add 100g diced tofu to create a protein rich meal.