

Minestrone soup

Serves 6

Ingredients

- 1 tablespoon olive oil
- 1 onion
- 1 clove garlic
- 1 x 400g can of tomatoes, no added salt
- 1 carrot
- 1 large parsnip
- 2 sticks of celery
- 1 tablespoon tomato paste, no added salt
- 1 teaspoon dried mixed herbs
- 1 litre vegetable stock, salt reduced
- 2 cups of water
- ½ cup small pasta (uncooked)
- 1 x 400g can of four bean mix, no added salt



Method

1. Chop onion. Crush garlic clove. Dice carrot and parsnip. Slice celery sticks.
2. Heat oil in a large saucepan and add onion and garlic. Cook until the onion has softened.
3. Stir through the tomatoes, carrot, celery, parsnip, tomato paste, mixed herbs, stock and water. Cover and bring to the boil.
4. Reduce heat and simmer for 25 minutes or until the vegetables are tender.
5. Add pasta and four bean mix. Cook for a further 5 minutes or until the pasta is al dente.

NUTRITION INFORMATION

Servings per recipe: 6

Average serving size: 287g

	Per serve	Per 100g
Kilojoules (kJ)	514	179
Protein (g)	4.7	1.6
Total fat (g)	2.8	1.0
- Saturated fat (g)	0.9	0.3
Carbohydrates (g)	17.8	6.2
- Sugars (g)	6.3	0.3
Fibre (g)	4.8	1.7
Sodium (mg)	424	148

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.