

Minestrone soup, 198 calories



Serves 8-10 Total time: 45 mins

- 1 tbsp cold pressed rapeseed oil
- 1 onion, finely chopped
- 2 fat cloves garlic, crushed
- 2 stalks of celery, chopped
- 2 medium courgettes (zucchini), chopped
- 8 medium carrots, chopped
- 100g spinach, chopped
- 3 x 400g tins chopped tomatoes
- 2 x 400g tins cannellini beans
- 150g lubella strand pasta (or other)
- 5 pints/10 cups vegetable stock
- 2 tbsp tomato puree
- a good grinding of salt & freshly ground pepper
- a generous handful fresh parsley, chopped

Step1 Saute the onion in garlic in the rapeseed oil until soft and translucent. Then add the celery, courgette and carrots and cook gently for a few minutes.

Step 2 Add the tomatoes, tomato puree, beans, spinach and vegetable stock. Mix well and bring to the boil, then reduce the heat, cover and leave it to simmer gently for 15 minutes.

Step 3 Add the pasta and cook for another 15 minutes. Season and add the fresh herbs.