

Minestrone Soup

Ingredients

- 2 tablespoons vegetable Oil
- ½ onion
- 1 carrot
- 1 large celery stick
- 1 garlic clove
- 1 Tablespoon of tomato puree
- Canned chopped tomatoes
- ½ courgette
- 1 vegetable or chicken stock cube.
- 50g dried Spaghetti, broken into short lengths or small pasta shapes.
- ¼ head green cabbage, finely shredded
- Salt and pepper
- **Optional – ½ teaspoon mixed herbs or oregano.**



Equipment

Chopping board, knife, wooden spoon, large Pan, measuring jug

Method

1. Prepare the vegetables. Peel and dice the carrots, onion, courgette and celery into small pieces.
2. Peel and chop the garlic.
3. Add the oil, onion, carrots, courgettes and celery to a pan and cook on a medium heat for 3 minutes, stirring with a wooden spoon occasionally until the vegetables have softened.
4. Add the garlic and cook for a further minute. Stir in the tomato purée and add 600ml of cold water to the pan.
5. Add the tinned tomatoes and one stock cube. Bring slowly to the boil and reduce the heat to a simmer and cook for a further 5 minutes. **Add the optional mixed herbs or oregano.**
6. Add the pasta and cook for 7 minutes until the pasta is cooked, stirring occasionally, so the vegetables do not stick to the bottom of the pan.
7. Shred and add the cabbage and cook for 2 minutes. If the soup is too thick, add some more water to reach your preferred consistency. Season with salt and pepper.