

MINISTRONE SOUP



Prep and cook time: 1 hour

Ingredients

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 medium leek, finely chopped
- 2 stalks celery, finely chopped
- 2 medium carrots, finely chopped
- 2 cloves garlic, crushed
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, thinly sliced
- 1 tablespoon fresh parsley, chopped
- 1 bay leaf
- 1 tablespoon tomato paste
- 1/4 cup frozen peas
- 1/2 cup dried wholemeal pasta, penne, spirals or shells work best

Method

1. Heat oil in a large saucepan over medium heat.
2. Add onion, leek, celery, carrots and garlic. Stirring well, cook for 10 minutes or until the vegetables have softened.
3. Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, reduce the heat to low and simmer for 15 minutes.
4. Add frozen peas and pasta, continue to simmer for a further 15 minutes.

