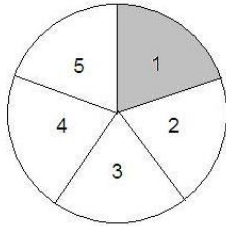


Minestrone Soup

Serves 6

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

May contain celery and

soya

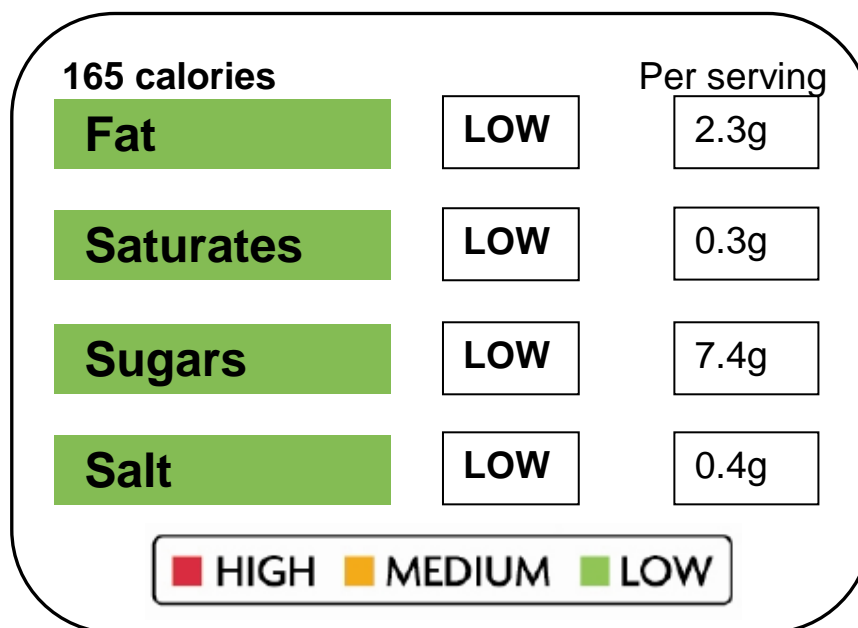
Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 small	chopped
garlic	1 clove	crushed
canned chopped tomatoes	2 (400g/14oz) cans	
green spring cabbage	3-4 leaves	finely chopped
carrots	2 medium	finely chopped
dried mixed herbs	1 heaped teaspoon	
vegetable stock	1 heaped teaspoon of powder or $\frac{1}{2}$ cube	
black pepper	pinch	
spaghetti	small handful, about 30 pieces	
balsamic vinegar (optional)	1 dessertspoon	

Please Turn Over



Method

- 1 Heat the oil in a large saucepan. Add the onion, cook on a medium heat until soft and then add the garlic.
- 2 Add the chopped canned tomatoes and, using the empty tomato cans, measure out 2 cans of cold water and add to the saucepan.
- 3 Add the finely chopped cabbage, carrots, herbs, stock, vinegar and black pepper.
- 4 Hold the spaghetti over the saucepan and break it into roughly 2cm long lengths into the pan.
- 5 Bring to the boil and then reduce the heat and put the lid on. Simmer for about 20-25 minutes.
- 6 The soup is now ready to serve.



Handy Hints

- The soup can be served with wholemeal or granary bread.
- Eat as a starter or light meal, or take to work in a flask for a low calorie lunch.
- The soup is tasty and filling and is a great way of introducing more vegetables to the family.

