



MINESTRONE SOUP (SERVES 10)

INGREDIENTS

100g (1 cup) pasta

2 x 400g can diced tomatoes

1 onion (finely chopped)

2 carrots (finely chopped and peeled)

420g canned peas (drained)

2 x 400g canned three bean mix

2 teaspoons mixed herbs

1 stock cube

1 litre water (not provided)

1 teaspoon oil (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Large saucepan

Wooden spoon

Measuring jug

Ladle

Chopping board

Peeler

Knife

Teaspoon

MINISTRONE SOUP



OPTIONS

To add extra serves of vegetables to your meal you could finely chop and add the following;

- 2 celery stalks
- 1 potato (peeled)

Whole meal bread to serve (toasted)

METHOD

1. Heat oil in a large saucepan. Add chopped onion and carrot (plus any optional vegetables) and cook on medium heat for 4 to 5 minutes or until soft.
2. Add tomato and mixed herbs to the vegetables, then stir.
3. Combine stock cube with 1 litre of boiled water, stir until cube is dissolved.
4. Add stock mixture to saucepan and cook on medium heat for 4 to 5 minutes.
5. Add peas, bean mix, pasta and cook for 10 minutes stirring regularly.
6. Serve in soup bowls with the bread (optional).

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au