

Hearty Vegetable Soup





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Serves: 4

INGREDIENTS

- 1 large onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 leek, finely sliced
- 1 can chopped tomatoes (400g)
- 1 small can tomato puree (140g)
- 50g green beans
- 50g frozen peas

FROM YOUR STOCK CUPBOARD

- 1 litre reduced salt vegetable stock (made from stock cube)
- 40g dried pasta shapes
- 1 tsp Mixed Herbs
- Ground black pepper

METHOD

- 1 Add the chopped onions, carrots, leeks and celery to a heavy bottomed pan and cook gently for 8 – 10 minutes, mixing regularly. Don't cook on too high a heat or it will burn. This will soften and bring out the flavours.
- 2 Add the tomatoes, stock, tomato puree, beans and frozen peas. Bring to the boil and add the pasta, herbs and pepper.
- 3 Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.
- 4 Serve in deep bowls with a slice of wholemeal bread.

Will store in the fridge for a few days.

per portion (320g)				
ENERGY 771kJ 183kcal	FAT 2.2g LOW	SATURATES 0.1g LOW	SUGAR 13g LOW	SALT 1.4g MED
9%	3%	1%	15%	24%
of your reference intake Typical values per 100g: Energy 241kJ/57kcal				

TOP TIPS

- Taste this as you go. If it is a bit bland add some more herbs or spices.
- Spices that work well in this recipe include garlic, chilli, cumin, coriander, black pepper and paprika. You could also try adding a bayleaf at the beginning (but remember to remove before serving).