



## MINISTRONE SOUP

 **Prep: 10 minutes**

 **Cook: 25 minutes**

 **Serves: 4**

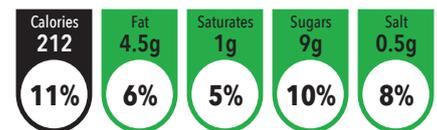
### INGREDIENTS:

- 1 tbsp oil
- 1 onion, chopped (170g)
- 1 carrot, diced (170g)
- 1 large stick celery, diced (100g)
- 400g can chopped tomatoes
- 700ml low salt vegetable stock
- 400g can cannellini beans, drained and rinsed
- 50g macaroni
- $\frac{3}{4}$  tsp **LoSalt**
- 25g basil, shredded

### METHOD:

1. Heat the oil in a large saucepan and fry the onion, carrot and celery for 5 minutes. Stir in the chopped tomatoes, stock and beans and bring to the boil.
2. Add the macaroni, cover and simmer for 15 minutes, stirring occasionally or until pasta is cooked.
3. Stir in the **LoSalt** and the basil.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Try using orzo pasta instead of macaroni. Add diced pancetta and fry with the vegetables for extra flavour.