

# Minestrone Soup



Serves 4



## Ingredients

- |                                       |   |
|---------------------------------------|---|
| 1 tbsp olive oil                      | 2 sticks of celery,<br>washed and chopped |
| 1 onion, peeled<br>and finely chopped | 1 courgette, washed<br>and diced          |
| 1 clove garlic, peeled<br>and crushed | Shredded greens                           |
| 2 carrots, peeled<br>and diced        | 1 tin cannelloni beans                    |
| 1 tin tomatoes                        | 1 litre vegetable stock                   |

## Method

1. Heat the oil in a pan and add the onion, garlic, carrots and celery. Cook over a low heat for 10 minutes, until the vegetables are soft but not browned.
2. Add the tomatoes and courgette and simmer for a further 15 minutes.
3. Stir in the greens, beans and stock. Check the seasoning and simmer until all the vegetables are cooked.

*For a change a small amount of pasta could be added – this is a good recipe for using up bits and bobs of vegetables that could be lurking in the bottom of your fridge!*

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