

Minestrone Soup

serves 6 – 8

- 20g dairy free margarine
- ½ medium onion
- 2 cloves garlic, crushed
- 2 carrots
- 1 stick celery
- A few sprigs thyme and parsley
- 1 small potato
- 1 tin chopped tomatoes
- 1 tin kidney beans or similar (or try batch cooking beans and freezing so they're quickly available when needed)
- 100g small shaped pasta
- 4 leaves cabbage / greens
- 1 ltr / 2pts fresh stock or vegetable stock powder made up with water
- Ground white or black pepper, to taste



1. Finely dice the onion.
2. Prepare and wash the vegetables – peel and crush the garlic. Peel the carrots and potato. Wash the celery and greens.
3. Cut all of the vegetables into small cubes. Cut them all the same size so they cook for the same amount of time. Finely shred the greens.
4. Melt the margarine in a large saucepan and add the onion. Cover with a lid and place over a low heat to soften. Stir the garlic into the onion, stir for a minute before adding the rest of the vegetables except the greens. Stir and replace the lid. Leave to soften over the heat for 10 minutes without colouring.
5. Pick and chop the herbs, add to the vegetables.
6. Stir in the tinned tomatoes, cooked kidney beans, dried pasta and vegetable stock. Bring to the boil then reduce the heat and simmer for 10 minutes until the pasta is cooked. (If not eating the soup straight away, leave out the pasta until reheating the soup.
7. Stir in the greens and cook for 2 minutes.
8. Taste the soup and correct seasoning with salt and pepper.