

Today's Favourite

HEARTY MINISTRONE SOUP



17 serves of vegies per recipe

Ingredients

1 medium brown onion,
chopped
1 clove garlic, crushed
425g can crushed tomatoes
1 carrot, peeled and diced
2 sticks celery, sliced
1 large parsnip, peeled and
diced
1 tablespoon tomato paste

1 bay leaf
4 cups beef stock
2 cups water
½ cup small pasta
6 Brussels sprouts, finely sliced
or 1 cup sliced cabbage
300g can four bean mix, rinsed
and drained

Method

Cook onion and garlic in a large pot with a little water until onion is translucent. Add tomato, carrot, celery, parsnip, tomato paste, bay leaf, beef stock and water. Bring to the boil, add the pasta and simmer for 15 minutes or until tender. Add Brussels sprouts and beans. Cook for a further 5 minutes. Serves 6.

Variation

Substitute lentils or butter beans for the four bean mix. Spinach or peas are tasty alternatives to Brussels sprouts and cabbage.



Department of
Health

