Minestrone Soup

Ingredients

1 can four beans
50 grams butter
1 large onion — finely chopped
1 garlic clove — finely chopped
1 celery stalk — diced
1 carrot — peeled and diced
1 potato — peeled and roughly chopped
1 teaspoon tomato paste
1 tin diced tomato — 400 grams
1 litre chicken stock
1 zucchini — diced
80 grams dried pasta
Grated parmesan cheese to serve

Method

Heat the butter in a large saucepan. Sauté the onion and garlic over a low heat until the onion is golden and soft.
Add the celery, carrot and potatoes. Cook for 5 minutes.
Stir in the tomato paste, tin of diced tomatoes and beans.
Add the chicken stock and bring to the boil.
Simmer for 15 minutes, stirring once or twice.
Add the zucchini and pasta. Simmer until the pasta is al dente (approximately 8 minutes).
Adjust the seasoning to taste.
Place in serving bowls and sprinkle with grated parmesan.

Low budget, healthy meals
MasterChef contestant, Jay Huxley
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