

Minestrone soup



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**Cancer
Council**
SA

Minestrone soup

Serves: 4

Preparation time: 15 minutes

Cook time: 40 minutes

Ingredients

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 2 x 400 g tins crushed tomatoes
- 2 carrots, diced
- 2 sticks celery, sliced
- 1 large zucchini, diced
- 1 large potato, diced
- 1 tbsp tomato paste
- 1 bay leaf
- 4 cups reduced-salt beef stock
- 2 cups water
- ½ cup wholemeal pasta (penne, spirals, elbows, shells)
- 1 cup sliced cabbage
- 400 g tin four bean mix, rinsed and drained

Method

1. Cook onion and garlic in a large pot with 2 tbsp water until onion is translucent.
2. Add tomato, carrot, celery, zucchini, potato, tomato paste, bay leaf, beef stock and water.
3. Bring to the boil, add the pasta and simmer for 15 minutes or until tender.
4. Add cabbage and beans.
5. Cook for a further 5 minutes or until cabbage is soft.
6. Serve by itself or with a small wholemeal bread roll.



Alternatives

- Make soup gluten-free by substituting ½ cup wholemeal pasta for ½ cup gluten-free pasta.
- Use vegetable stock to make it vegetarian.
- Don't have cabbage? Try brussels sprouts, kale or spinach instead.

Acknowledgement goes to Cancer Council Queensland for original development of this recipe.