

**Minestrone Soup**

**What you need (any veggies you want really!)**

* 1 tablespoon olive oil
* 1 clove garlic
* ½ red onion
* 1 carrots
* 1 celery stick
* ½ courgette
* ½ small leek
* ¼ teaspoon oregano
* 1 bay leaf
* 1 tins chopped tomatoes
* 1 potato
* ½ tin of chickpeas
* 2 cups vegetable broth
* Handful of curly kale
* ¼ cup of small pasta (you could always use broken bits of pasta like spaghetti)
* 2 tablespoons parmesan cheese

**What you do**

1. Chop the garlic, onion, carrots, celery, courgette and leek
2. Add the oil, onion, carrots, celery, courgette, leek, oregano and bay leaf and cook slowly for about 15 minutes, stirring now and then, until the vegetables have softened.
3. In the meantime peel and chop potato into chunks
4. Add the tomatoes, potato, chick peas and vegetable broth, then cover with a lid and bring everything slowly to the boil. Simmer for about 30 minutes, then check (with the tip of a paring knife) that the potato is soft and cooked through.
5. After that, add the kale and pasta, and cook for 10 more minutes, until the pasta is cooked. If the soup is too thick for you after cooking the pasta, thin it with a little more broth or water.
6. Finish by seasoning with a little salt and black pepper and pass the Parmesan around the table for people to sprinkle on their soup.

Recipe adapted from Jamie Oliver’s Food Revolution Minestrone Soup.

220kcal per serving, 90% of daily vitamin A, 60% of daily vitamin C!