

MINISTRONE SOUP - ITALY

Ingredients

15ml oil
1 onion
1 stalk of celery
1 carrot
1 small can of butter beans
50g broken spaghetti
1 chicken stock cube
1 litre water
100ml tomatoes
50g cabbage

Method

1. Prepare vegetables - chop onion, celery and carrot, and shred cabbage.
2. Heat oil in a large pan and fry onions until soft - do not brown or this will colour the soup.
3. Add carrot and celery and cook for a further 2 mins.
4. Pour in water, tomatoes, stock cube, beans and spaghetti.
5. Bring to the boil and simmer for 10 mins.
6. Add cabbage and continue to cook until serving time.
7. Serve soup hot, sprinkled with cheese if wished.

MINISTRONE SOUP - ITALY

Ingredients

15ml oil

$\frac{1}{2}$ onion

1 bit of celery

$\frac{1}{2}$ carrot

50g broken spaghetti

$\frac{1}{2}$ chicken stock cube

250 water

100ml tomatoes

Method

1. Prepare vegetables - chop onion, celery and carrot.
2. Heat oil in a large pan and fry onions until soft - do not brown or this will colour the soup.
3. Add carrot and celery and cook for a further 2 mins.
4. Pour in water, tomatoes, stock cube, spaghetti.
5. Bring to the boil and simmer for 10 mins.
6. Serve soup hot, sprinkled with cheese if wished.