



HELPING KEEP TASSIE KIDS HEALTHY!

Minestrone Soup | **Green recipe**

Serves 10

Ingredients:

2 x 440g cans of cannelloni beans
4 litres of water
2 beef stock cubes
Oil spray
2 onions, chopped
2 carrots, chopped
1 stick celery, chopped
2 potatoes, diced
1 cup of peas
105g tomato paste
1 can (450g) whole tomatoes
90g macaroni, raw
pepper
mixed herbs

Method:

Rinse cannellini beans thoroughly, then add to the water and beef stock cubes and bring to the boil. Saute onions, carrots, celery and potatoes in oil sprayed pan. Add sauted vegies and simmer covered until tender. Add remaining ingredients and cook a further 20 to 30 minutes, stirring frequently.