

## Minestrone Soup

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Serves 6

### **Ingredients: -**

1 - carrot, finely diced

30ml/2 tbsp - olive oil

1½ litre/2¾ pints - chicken or vegetable stock

2 - leeks thinly sliced

1 - clove garlic, crushed

100g/4oz – macaroni

50g/2oz - savoy cabbage, shredded

400g/14oz - tin tomatoes with onions

400g/14oz - tin cannelloni beans, drained

30ml/2 tbsp - chopped fresh basil

1 - onion finely diced



1 - bay leaf

100g/4oz – cauliflower

1 - courgette, sliced

**Method: -**

Fry the garlic, carrot, onion and cabbage in the oil, add the stock and bay leaf and bring to the boil.

Simmer for 3 minutes.

Add the leeks, cauliflower and pasta, and cook for 10 minutes.

Stir in the courgette, tomatoes and beans.

Simmer for 5 minutes and then add the basil.

All beans, cannelloni, soya beans and lentils contain B group vitamins.