

MINISTRONE SOUP

Preparation time: 15 minutes

Cooking Time: 35 minutes

Serves: 4



Ingredients

1 tablespoon oil
1 medium onion, finely sliced
1 green capsicum, chopped
140g carton tomato paste, no added salt
1 teaspoon Italian herbs
4 cups water
10g vegetable stock cube, crumbled or 2 teaspoons of stock powder
1/2 cup small pasta shells
440g can mixed vegetables, drained
310g can butter beans, drained

Nutritional Information:

Kilojoules 600 kJ
Calories 155 cal
Protein 7 g
Total fat 4 g
Carbohydrate 22 g
Sodium 480 mg
Potassium 540 mg
Calcium 855 mg
Iron 2.2 mg
Fibre 8.8 g

Method

1. Heat the oil in a large saucepan and saute onion until soft. Add the remaining ingredients, except the mixed vegetables and butter beans.
2. Bring to the boil, then reduce heat and simmer for 15 minutes, or until the pasta is cooked.
3. Add the mixed vegetables and butter beans and heat through.

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