



NO FOOD WASTE MINESTRONE SOUP

SERVINGS: 4

INGREDIENTS

1 tbsp olive oil
1 large onion or a leek and onion, diced
2 carrots, finely diced
3 sticks celery, finely diced + the leaves
2 handfuls (or more) diced root veg eg
squash/parsnip/celeriac/potato (with skin)
1/2 cauliflower (with leaves)
Garlic cloves, finely chopped
1 heaped tsp dried or Italian herbs or 2 big sprigs of
fresh rosemary, thyme.
Pinch of chilli flakes
2 x 400g tins chopped tomatoes
500ml chicken / vegetable stock
2-3 handfuls (or more) chopped kale, chard or
cabbage or a mix of any greens
Sea salt & pepper
1 x tins mixed cooked beans eg cannellini, kidney,
borlotti, chickpeas, drained & rinsed
2 big handfuls uncooked pasta, or 1 cup rice or 1 cup
quinoa
To serve - parmesan or feta & extra virgin olive oil

DIRECTIONS

1. Heat the olive oil in a large pan and once hot add the onion, celery and a pinch of salt. Fry for 5 minutes until soft.
2. Add any root veg, garlic, herbs, chilli flakes, salt and pepper, fry for 2-3 minutes, stirring regularly.
3. Add canned tomatoes & broth and cook for 5 minutes.
4. Add pasta or rice and beans, stir and cook for 10 minutes.
5. Add the leafy greens and cook for a further 5 mins with the lid on to help them wilt. Serve with a little parmesan cheese or feta and a drizzle of extra virgin olive oil.

TIP: HAVE MORE VEGGIES THAT NEEDS USING UP? DOUBLE THE QUANTITY TO BATCH COOK AND FREEZE IN PORTION SIZE FOR UP TO 3 MONTHS.