



Recipe

Hearty Vegetable Soup

Ingredients

- 1 tsp. vegetable oil
- 1 medium onion chopped.
- 2 carrots chopped.
- 1 leek sliced.
- 2 celery sticks sliced.
- 400g chopped tomatoes.
- 1litre reduced salt vegetable or chicken stock
- 1 tbsp. tomato puree
- 50g sugar snap peas or green beans sliced.
- 50g frozen peas.
- 40g dried pasta shapes.
- 1 ½ tbsp. dried mixed herbs.
- 1 pinch ground black pepper.

Step 1

Heat the oil in a large saucepan. Add the onion, carrots, leek and celery and fry gently for 3-4 minutes.

Step 2

Add the tomatoes, stock, tomato puree, beans and frozen peas. Bring to the boil and add the pasta, herbs and pepper.

Step 3

Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Top tip: Chill any soup that you don't need and keep in the fridge for up to 3 days, or freezing for up to 3 months. Use 400g pasta [sieved tomatoes] instead of tinned chopped tomatoes.