



Recipes

Minestrone soup in minutes

A cheap and easy soup to make on a cold winters day. Easily doubled up and ready in less than 10 minutes.

Ingredients (serves 4)

- 1 L of vegetable stock.
- 400 g tin chopped tomatoes
- 100 g thin spaghetti, broken into short pieces
- 350 g frozen mixed veg
- 4 tablespoons pesto
- Drizzle of olive oil
- Grated Parmesan style cheese or, low-fat cheddar.

Method

1. Bring stock to boil with the tinned tomatoes.
2. Get the children to weigh and break the spaghetti into short pieces.
3. Add to stock and tomatoes, cook for six minutes, or until soft.
4. A few minutes before pasta is cooked add the frozen veg; bring back to the boil.
5. Then simmer for two minutes until everything is cooked.
6. Add pesto and mix in.
7. Serve sprinkled with the cheese and chunks of bread or garlic bread.