



Minestrone Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

Serve 4

- 1 medium size white onion chopped
- 3 cloves of garlic chopped
- 1 stalk of celery chopped
- 1 carrot diced
- 1 cup of tomatoes chopped
- 2 tsp of tomato concentrate
- 1 cucumber chopped
- 1 can of red kidney beans
- 1.5 litre of water
- 1/2 a cube of vegetable stock
- Pepper and salt
- Olive Oil

Instructions

This is one of my favourite soups of all time. It can be prepared quickly and kept for in the fridge for later consumption. It is a healthy vegetarian dish, excellent for weight watchers.

1. Heat 1 tbsp of olive oil in a pot.
2. Sautee onions until they turn translucent
3. Add the harder veggies ie carrots and celery and cook them until soft, add the garlicks. Cook for a further 1 to 2 mins till garlicks start to brown slightly.
4. Add the rest of the ingredients, tomatoes, concentrates, cucumber and red kidney beans, water and veggie stock and bring to a boil.

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5. When the soup starts to boil, lower heat and let it simmer for 20 to 25 mins.
 6. Season with pepper and salt to taste.

To make it a full meal, add some cooked macaroni or farfalle to the serving. And there you have it, a hearty soup dish.