

Purple Carrot Cook

MINISTRONE

SERVES 6-8 / PREPARE 15 MINS / COOK 40 MINS

Ingredients

400g	Kidney beans	150g	Chopped wholemeal spaghetti, or other small pasta
400g	Cannellini beans	2	Bay leaves
100g	Fresh green beans	2L	Beef, veggie stock or water
1	Large potato	Handful	Fresh parsley, leaves picked, chopped
400g	Peeled plum tomato		Bacon or pancetta (optional)
2	Large carrots, peeled		
2	Garlic cloves		
1	Onion		
2	Celery stalks		
4 tbsp	Olive oil		

Instructions

Finely chop the onion, garlic and celery.

Heat up the olive oil in a large casserole and sauté the cubed/sliced bacon (if you are using), onion, garlic and celery until soft but not brown.

Scrub and chop the potato into 1 cm cubes. Reserve. Peel and dice the carrots into 1cm cubes, chop the green beans to the same size. Add the carrots and potatoes to the onion mix. Fry for a minute.

Then add the tinned tomatoes, beans and bay leaves. Stir and let cook for a couple of minutes.

Add the chopped spaghetti or other wholemeal pasta and the stock, bring to the boil, lower the heat and let cook until the pasta and vegetables are all soft and the soup has thickened, about 30 minutes.

Serve with a sprinkle of chopped parsley and shaved parmesan.



Nutrifacts



Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help MODULATE THE IMMUNE SYSTEM.

Tomatoes are high in VITAMIN C as well as the antioxidant LYCOPENE which has been linked to a decreased risk of certain cancers

Beans are a great source of VEGETARIAN LEAN PROTEIN a healthier alternative to some animal sources of protein such as red meat that is typically high in saturated fat which has been linked by research to heart disease.