

# MINISTRONE SOUP

## Ingredients

- 1 tbs oil
- 1-2 onions, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 2 bay leaves
- 4 cups hot water
- 2 tsp veg stock powder
- ½ cup loosely packed hard herbs, washed and picked
- 1 400g tin crushed tomatoes
- 2 potatoes, peeled, washed and diced
- 1 400g tin beans, drained and washed
- 3 cups leafy greens, washed and chopped
- salt and pepper



## Method:

- 1) Sweat onions, carrots and celery in a large pot with oil.
- 2) Cook for 5 mins and add bay leaves, water, stock powder and tomatoes.
- 3) Put a lid on pot and prepare potatoes.
- 4) Add potatoes and cook on medium heat, stirring occasionally.
- 5) Prepare herbs and add to pot.
- 6) Drain and wash beans, let stand.
- 7) Prepare leafy greens.
- 8) Add beans and greens just before serving, when vegetables are becoming soft.
- 9) Serve in small cups.