

Minestrone Soup

✓ Hob only



Equipment:

- 1 saucepan
- 1 spoon

Ingredients for 2 portions:

- ½ tin of beans (any)
- 1 handful of pasta shapes *or* spaghetti broken into pieces
- 1 handful of frozen vegetables *or* 1 tin of vegetables
- ½ stock cube
- 1 tin of tomato soup *or* 1 tin of tomatoes
- Optional: ½ onion, diced
- Optional: dried herbs, seasonings of your choice

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. If using an onion, add it to the pan and fry with ½ tbsp. oil for 5 minutes.
2. Drain the water from the tin of beans and vegetables, and add these to the pan. Heat the pan on a medium heat.
3. Add the tomato soup or tinned tomatoes to the pan, then fill the tin up with water. Pour this water into the pan and stir.
4. Add the broken up pasta, the stock cube and any seasonings and stir. Allow to cook on a low heat for 10 minutes.
5. When the pasta is cooked it is ready to enjoy!

Minestrone Soup



Equipment:

- 1 saucepan
- 1 spoon

Ingredients for 4 portions:

- 1 tin of beans (any)
- 2 handfuls of pasta shapes *or* spaghetti broken into pieces
- 2 handfuls of frozen vegetables *or* 2 tins of vegetables
- 1 stock cube
- 1 tin of tomato soup
- 1 tin of tomatoes
- Optional: 1 onion, diced
- Optional: dried herbs, seasonings of your choice

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. If using an onion, add it to the pan and fry with 1 tbsp. oil for 5 minutes.
2. Drain the water from the tin of beans and vegetables, and add this to the pan. Heat the pan on a medium heat.
3. Add the tomato soup to the pan, and fill the tin up with water. Pour this water into the pan and stir.
4. Add the broken up pasta, the stock cube, tinned tomatoes and any seasonings and stir. Allow to cook on a low heat for 10 minutes.
5. When the pasta is cooked it is ready to enjoy!