

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	559.40kj	311.30kj
Protein	6.30g	3.50g
Total Fat	2.30g	1.30g
Saturated Fat	0.20g	0.10g
Carbohydrate	18.60g	10.40g
Fibre	6.20g	3.50g
Sodium	367.50mg	204.60mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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PLU471

Minestrone Soup

This meal pack includes:-

Dry ingredients:

2 teaspoons low salt vegetable stock
400g can red kidney beans (or chickpeas)
400g can diced tomatoes
1/3 cup raw macaroni pasta
2 teaspoons dried oregano
pepper

Fresh Ingredients:

1 brown onion
1 clove garlic
1 stalk celery
1 large carrot

Vegan dish

Preparation time: 10 minutes Cooking time: 30 minutes

Serves 6



Developed by Community Foodies in conjunction with
Community Food SA

Minestrone Soup

Time Required

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

- 1 brown onion
- 1 clove garlic
- 1 stalk celery
- 1 large carrot
- 2 teaspoons low salt vegetable stock
- 400g can red kidney beans (or chickpeas)
- 400g can diced tomatoes
- 1/3 cup raw macaroni pasta
- 2 teaspoons dried oregano
- pepper
- Canola spray oil or 2 teaspoons canola oil (not provided)

Cooking Instructions

1. Peel and dice onion, crush or chop garlic and dice celery and carrot.
2. Boil 4 cups water and dissolve the stock cubes in a jug.
3. Drain the beans and rinse well.
4. Spray a large pot with oil (or use 2 teaspoons oil) and heat.
5. Add onion and garlic and stir through for a few minutes until soft.
6. Add all other vegetables, tinned tomatoes (break into small pieces) and tinned beans and stir.
7. Pour in stock, bring to the boil.
8. Add raw macaroni pasta and oregano. Stir through and simmer for 30 minutes, stirring occasionally to prevent from sticking.
9. Season to taste with pepper.
10. You may need to add more water if you want a thinner soup.

Tips and ideas

- Add in extra or left-over vegies if you wish.
- Serve with fresh multigrain or wholemeal bread.