

# 'Eat your greens' minestrone soup

**Serves:** 2-4

**Difficulty:** Easy

**Health Rating:** Green



## Ingredients

- 4 cloves of garlic, finely chopped
- 1 onion, finely chopped
- 2 tbsp olive oil
- 1 vegetable stock cube
- ½ tsp smoked paprika
- 1 carrot, diced
- 2 bay leaves
- 2 handfuls of seasonal greens (cabbage, spinach or silver beet), roughly chopped
- 2 x 400 g tins of tinned tomatoes
- 1 x 400 g tins cannellini beans
- 100 g dried pasta

## Method

1. In a large pot on medium-high heat add olive oil, onion, garlic, carrot and smoked paprika. Sauté for 3-5mins.
2. Add 600ml water, stock cube, bay leaves, tinned tomatoes, cannellini beans (drained) and dried pasta.
3. Cover and leave to simmer for 10 to 12 minutes, until the pasta is cooked.
4. Next add seasonal greens, stir through for about 2-3mins. Greens should retain texture and vibrant green colour.
5. Enjoy this hearty, warming soup with crusty bread.