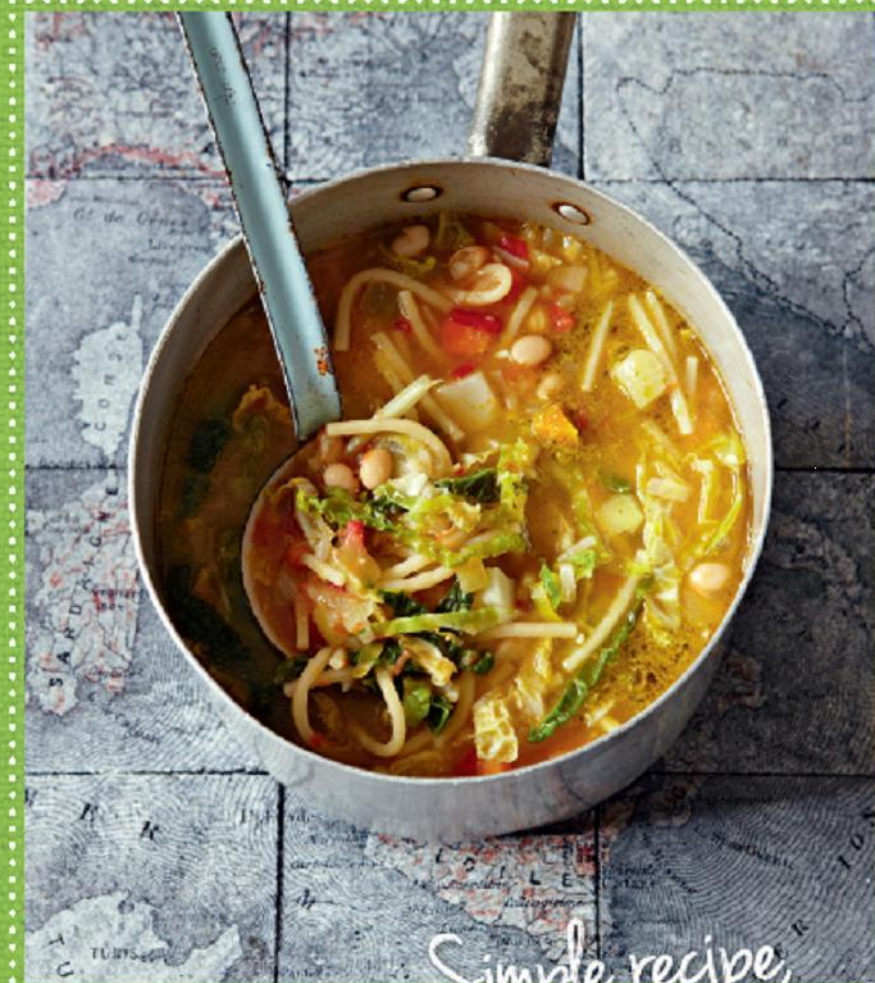


# Minestrone



Simple recipe,  
tasty result

Family favourite

SERVES  
4

Prep In  
20

Cook In  
35

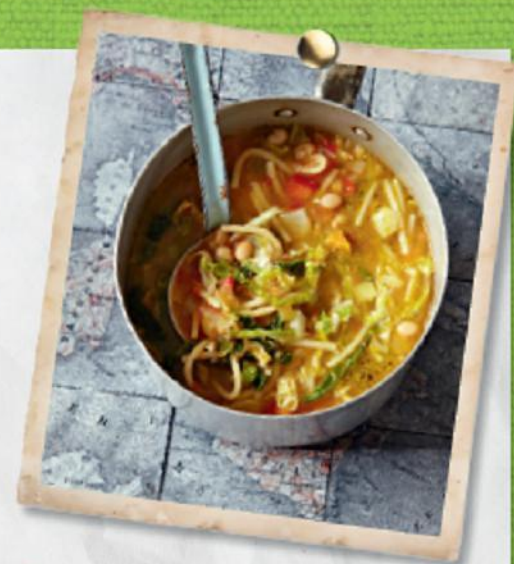
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## Minestrone

**SERVES:** 4

**TAKES:** 20 MINUTES TO  
MAKE & 35 MINUTES TO COOK

- 1 onion, peeled and chopped
- 1 leek, trimmed and finely chopped
- 2 celery sticks, trimmed and diced
- 2 carrots, peeled and finely diced
- 1 tbsp olive oil
- 2 cloves garlic, peeled and chopped
- 2 potatoes, peeled and cut into small pieces
- 2 litres vegetable stock (made with 1½ stock cubes)
- 4 ripe fresh tomatoes, finely chopped
- 400g tin haricot beans, drained and rinsed
- 150g Co-operative spaghetti, broken into small pieces
- 2 tbsp pesto (or enough to taste)
- ¼ head savoy cabbage, very finely sliced
- A little Parmesan cheese, finely grated (optional)
- To serve, crusty bread



- 1 Soften the onion, leek, celery and carrots in the oil for about 10 minutes.
- 2 Add the garlic and potatoes and cook gently for 5 minutes.
- 3 Add the stock, tomatoes and beans and bring to a simmer for 10 minutes.
- 4 Add the pasta, pesto and cabbage and cook for another 10 minutes. Sprinkle over the cheese, if using, and serve with bread.

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approx. per serving (serves 4)

<b>ENERGY</b> 1470kJ 380kcal 17%	<b>FAT</b> 10.1g LOW 14%	<b>SATURATES</b> 2.3g LOW 12%	<b>SUGARS</b> 10.7g LOW 12%	<b>SALT</b> 2.0g LOW 33%
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% of adult's reference intake

carbohydrates per serving: 51.6g

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