

Vegetable Minestrone

Ingredients:

- 2 tablespoons vege stock
- 1 medium brown onion chopped coarsely
- 1 medium leek chopped coarsely
- 3 trimmed celery sticks chopped coarsely
- 3 medium carrots chopped coarsely
- 4 small potatoes chopped coarsely
- 4 medium tomatoes chopped coarsely
- 500g jar salt reduced pasta sauce •
- 2 cloves garlic crushed •
- 2 cups vegetable stock •
- 4 cups water
- 1 can (400gm) cannellini beans rinsed and drained
- 150g finely shredded cabbage

Method: 1. Heat 2 tbsps vege stock in large saucepan; cook the onion, leek and celery stirring until vegetables are soft but not coloured. Add more stock if needed.

2. Add the carrot, potato, tomato and garlic; stirring for 5 minutes.

3. Add the sauce, stock and water, then bring to the boil. Simmer, covered, for about 30 minutes or until vegetables are tender.

4. Add the beans and cabbage; stir over a medium heat until the beans are hot and the cabbage is just wilted.