



Chunky vegetable and pasta soup

Prep: 10 minutes • Cook: 45 minutes • Serves: 2



Ingredients

1 teaspoon vegetable or olive oil
1 small onion, peeled and roughly chopped
200g frozen casserole vegetables
1 dessertspoon tomato puree
1 small pepper, any colour, deseeded and roughly chopped
200g cannellini beans, rinsed and drained
1 teaspoon dried mixed herbs
1 low-salt vegetable stock cube made up with 500ml boiling water
Black pepper
100g dried pasta – any shape

To serve

2 small crusty rolls (we used a 60g roll)

- 1 Heat the oil in a pan and cook onions until soft. Boil frozen vegetables in a pan of boiling water for 5 minutes, drain. Add tomato puree, chopped pepper and boiled vegetables into pan with onions. Cook for 5 minutes until lightly browned.
- 2 Add in beans and cook for 2 minutes. Stir in the stock along with the herbs and black pepper. Bring to a simmer, then reduce the heat and cook on a low simmer for 20 minutes.
- 3 Add the pasta to the pan and simmer for 15 minutes, or until the pasta is cooked.
- 4 Ladle into 2 bowls and serve with the crusty rolls.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (October 2022) **99p**

Carbohydrate **94g**

Energy in kcals **486**