**Chunky minestrone soup (1HO ½ LE)**

**Serves 4**

## Ingredients

* 3 large carrot, roughly chopped
* 1 large onion, roughly chopped
* 4 celery sticks, roughly chopped
* 1 tbsp olive oil
* 2 garlic clove, crushed
* 2 large potato, cut into small dice
* 2 tbsp tomato purée
* 2l vegetable stock
* 400g can chopped tomato
* 400g can butterbeans
* 140g wholewheat spaghetti, snapped into short lengths
* 1⁄2 head Savoy cabbage, shredded

## Method

1. In a food processor, whizz the carrots, onion and celery into small pieces. Heat the oil in a pan, add the processed vegetables, garlic and potatoes, then cook over a high heat for 5 mins until softened.
2. Stir in the tomato purée, stock and tomatoes. Bring to the boil, then turn down the heat and simmer, covered, for 10 mins.
3. Tip in the beans and pasta, then cook for a further 10 mins, adding the cabbage for the final 2 mins. Season to taste and serve with crusty bread.