

Vegetable Minestrone Soup

Ingredients

- 1 litre Australia's Own Organic **Vegetable Style Stock**
- 1 x tbsp olive oil
- 1 x small onion, finely diced
- ½ cup tomato passata
- 2 x carrots, finely diced
- 1 x small sweet potato, finely diced
- 2 x small zucchini, finely diced
- ¼ sm cauliflower cut into small florets
- 8 x cherry tomatoes, quartered
- 1 x 440gm can three bean mix, drained and rinsed
- 1 x 200gm can chickpeas drained and rinsed
- 4 x Brussels sprouts, leaves separated
- ½ cup baby spinach leaves
- Parsley to garnish

Method

1. Heat the oil in a deep saucepan, gently sauté the onion to soften. Add the tomato passata and stock.
2. Bring to the boil, reduce heat and add the prepared diced vegetables, cauliflower, tomatoes, beans and chickpeas.
3. Simmer for 10 minutes, just prior to serving add the Brussels sprouts and spinach to the hot soup, serve garnished with parsley.

Serves 4



This recipe uses Australia's Own Organic **Vegetable Style Stock**.

For more great recipes head to: www.australiasownorganic.com.au

