

# CITY LIFESTYLES



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Recipe name: Mendy's Minestrone Soup

Serves: 2 people

Preparation time: 20 mins

Cooking time: 30 mins

Starting line-up (*ingredients*):

Olive oil, onion, carrots, celery, garlic cloves, tomato puree, tinned tomatoes, vegetable stock, spaghetti



Warm-up (*preparation*):

Chop carrots, onions, celery and garlic. Break spaghetti into short lengths



Game plan (*method to make*):

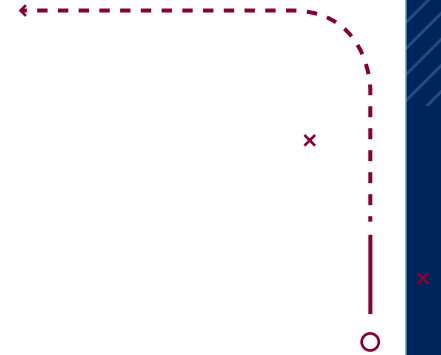
1. Heat the olive oil in a large lidded saucepan over a medium heat. Add the onion, carrots and celery, season with a little salt and pepper and cook for about 10 minutes, stirring occasionally until the vegetables have softened
2. Add the garlic and fry for another minute. Stir in the tomato puree and cook for a further three minutes
3. Tip in the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes
4. Add the beans and spaghetti and cook for a further 10 minutes, or until the pasta is cooked. If the soup is too thick, add some hot water to reach your preferred consistency. Season to taste with salt and pepper



## Substitutes

Change the type of pasta used

Add herbs and spices for extra flavour



## Nutritional benefits:

Carrots – vitamin A to help eye sight

Spaghetti – carbohydrates for energy

Each serving provides 180 calories per person, 24g of carbohydrates, 4g of fat and 13g of protein



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