Vegetarian minestrone soup

BODY TRANSFORMATION CENTRE

1 tsp ghee or coconut oil
1 medium sized white onion, chopped
200g carrot, chopped
1-2 garlic cloves, finely chopped
400g tinned tomatoes
400g tinned cannellini beans, rinsed and drained
700ml vegetable stock
1 sprig fresh rosemary
200g all rounder potatoes, peeled and chopped
60g pasta shells (optional), use gluten free if preferred
60g curly kale
salt and pepper to season

SERVES 5

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté gently for 3-4 minutes, stirring until soft.

Add the carrot and cook for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tinned tomatoes, cannellini beans, vegetable stock, rosemary and potatoes. Bring to the boil then reduce heat to simmer. Stir well, cover and cook for 20 minutes.

Add the pasta shells, if using, and stir. Cover and cook for 10-12 minutes, until the pasta is almost cooked.

Add the kale and cook for 2-3 minutes, until soft. Serve.

Store any leftover soup in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
214 Calories
40g Carbs
9g Protein
2g Fat