

Vegetable minestrone

SERVES 4–6 **CALS PER SERVING** 250–167

2 tbsp olive oil
1 onion, chopped
2 celery stalks, chopped
2 carrots, finely diced
1 x 400 g can chopped Italian plum tomatoes
1 tbsp tomato purée
1 garlic clove, crushed
salt and black pepper
1.5 litres (2½ pints) chicken or vegetable stock
1 x 400 g can cannellini or red kidney beans, drained
250 g (8 oz) leeks, trimmed and finely sliced
125 g (4 oz) Savoy cabbage, finely shredded
2 tbsp arborio (risotto) rice
grated Parmesan cheese, to serve

1 Heat the oil in a large saucepan, add the onion, celery, and carrots, and cook gently, stirring, for 5 minutes.

2 Add the tomatoes, tomato purée, and garlic, and season with salt and pepper. Stir, then pour in the stock and bring to a boil over a high heat.

3 Cover the pan and lower the heat so the soup is gently simmering. Cook for 15 minutes, stirring occasionally.

4 Add the beans, leeks, cabbage, and rice, and simmer for a further 20 minutes. Taste for seasoning.

5 Serve hot, with a bowl of grated Parmesan cheese for everyone to help themselves.

Cook's know-how

If you haven't got arborio or any other type of risotto rice, use broken spaghetti instead. You will need 30 g (1 oz).

