Minestrone Soup

3 large carrots

1 large onion

1 tbsp olive oil

2 garlic cloves

2 large potatoes

2 tbsp tomato puree

2 litres veg stock

1 tin chopped tomatoes

1 can kidney beans/ cannelloni beans

140g spaghetti, snapped into short lengths

1. Chop the carrots, onion and potatoes into small pieces. Heat the oil in a pan, add the chopped 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. Season to taste and serve with crusty bread.