

TASTE WITHOUT WASTE

Chunky Vegetable, Bean and Pasta Soup

Serves 6.

Ingredients

2 tbsp sunflower oil
2 large onions, finely chopped
500g pumpkin, peeled, deseeded and cut into 2cm pieces
2 large carrots, cut into thin triangles
½ large zucchini, cut into thin triangles
1x 400g can chopped tomatoes
1x 140g tub of pizza/tomato paste
1 ½ tsp dried mixed herbs
1.2 L vegetable stock
150g green beans, topped tailed and cut into 2cm pieces
½ cup macaroni or similar small dried pasta
1x 400g can kidney beans, drained
Sea salt
Freshly ground black pepper

Method

Place a large saucepan over a medium heat and add the oil. When shimmering add the onions and cook, stirring every so often for 5 minutes. Add the pumpkin, carrot and zucchini and cook for a further 5 minutes, stirring regularly.

Now toss in the chopped tomatoes, tomato paste, mixed herbs and vegetable stock. Stir, cover and bring to the boil. Reduce to a simmer and cook for 10 minutes, stirring every so often.

Add the green beans and macaroni and simmer, covered, for a further 10 minutes. Then add the kidney beans, and cook for 2 minutes more.

Season with salt and pepper to taste.

Serve with or without toast/bread.

Will keep for up to 4 days in an airtight container in the refrigerator. Can also be frozen for up to 3 months.

Source: A Taste Without Waste original.

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