

## WHAT YOU NEED

- 2 carrots
- 1 onion
- 1 tin of tomatoes
- 1 tin of beans - baked, cannellini or kidney beans
- 1 mug of broken spaghetti
- 1 dessertspoon of tomato purée

# How to Make Minestrone Soup

Serves 4

- 1 teaspoon of garlic purée
- 1 dessertspoon of mixed herbs
- 1 stock cube (any kind) dissolved in 1 litre (4 mugs) of boiling water

1



Wash, peel and chop carrots then add to the slow cooker.

2



Peel and chop onion, add to the slow cooker.

3



Add tinned tomatoes and tomato purée to the slow cooker.

4



Add garlic, herbs and stock, cook on high for 3 hours.

5



Add 1 mug of uncooked spaghetti or pasta and a tin of beans, stir and cook for a further 30 minutes or until pasta is soft.

6



If the soup is too thick, add a little more water, serve piping hot with crusty bread.