

Minestrone soup

Recipe from Safety Bay Primary School

Traffic light category: **Green**

Serves: 8 (360mL serve)

Ingredients

- 1 tablespoon vegetable oil
- 2 carrots, finely diced
- 1 onion, finely diced
- 2 sticks of celery, finely diced
- 125g reduced salt tomato paste
- 1 x 425g tin reduced salt diced tomatoes
- 1 x 425g tin cannellini beans, undrained
- 1.5 litres water
- ½ cup small pasta
- 1 tablespoon Italian herbs
- Freshly ground black pepper

For serving

- 4 tablespoons reduced fat parmesan cheese
- 2 tablespoons parsley, chopped

Method

1. Heat a large pot over medium heat
2. Add oil and diced vegetables, cook gently for 5 minutes
3. Add all other ingredients, bring to boil and simmer for 15 minutes, stirring regularly
4. Serve sprinkled with parmesan cheese, parsley and a wholemeal roll.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	479kJ	131kJ
Protein	5.68g	1.55g
Total fat	0.54g	0.15g
Saturated fat	0.15g	0.04g
Carbohydrate	19.05g	5.21g
Sugars	5.64g	1.54g
Dietary fibre	6.35g	1.73g
Sodium	207.7mg	56.7mg



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