

Healthy Minestrone

½	onion, finely diced
1	garlic clove, crushed
250g	can crushed tomatoes
1	small carrot, peeled and finely diced
1	celery stick, finely diced
1	small parsnip, peeled and finely diced
1 tbsp	tomato paste
1	bay leaf
750ml	beef or vegetable stock
¼ cup	spaghetti pieces
3	Brussels sprouts, finely sliced
150g	kidney beans, canned
30g	parmesan cheese, finely grated

1. Fry onion and garlic in a saucepan with a little olive oil until onion is tender.
2. Add crushed tomato, carrot, celery, parsnip, tomato paste, bay leaf, and stock.
3. Bring to the boil, add the pasta and simmer until tender.
4. Add Brussels sprouts and beans to heat through.

Serves 4.