



Minestrone with Basil and Parmesan

INGREDIENTS:

- 20g (tablespoon) butter
- 1 brown onion, chopped
- 2 cloves garlic, chopped
- 2 sticks celery, sliced
- 1 carrot sliced
- 1 zucchini, sliced
- 400g canned chopped tomatoes, no added salt
- 2 cups salt-reduced beef stock
- 2 potatoes, peeled and diced
- 400g canned red kidney beans, rinsed and drained
- 20 small basil leaves, for serving
- 40g parmesan cheese, finely grated for serving

Serves: 4 | **Prep time: 15 mins** | **Cooking time: 40 mins**

Minestrone with Basil and Parmesan

COOKING METHOD:

- 1.** Heat butter in a large saucepan over a medium heat. Add the onion and garlic and stir for 1-2 minutes.
- 2.** Add the celery, carrot and zucchini, stir for 2 minutes.
- 3.** Stir in the tomatoes and stock, cover and simmer for 10 mins. Add the potatoes, cover and simmer for a further 15 mins or until the potato is cooked. Stir in the kidney beans, cover and cook until hot.
- 4.** Serve with basil and parmesan.

Tip: Add some sliced chilli for a more intense flavour.