

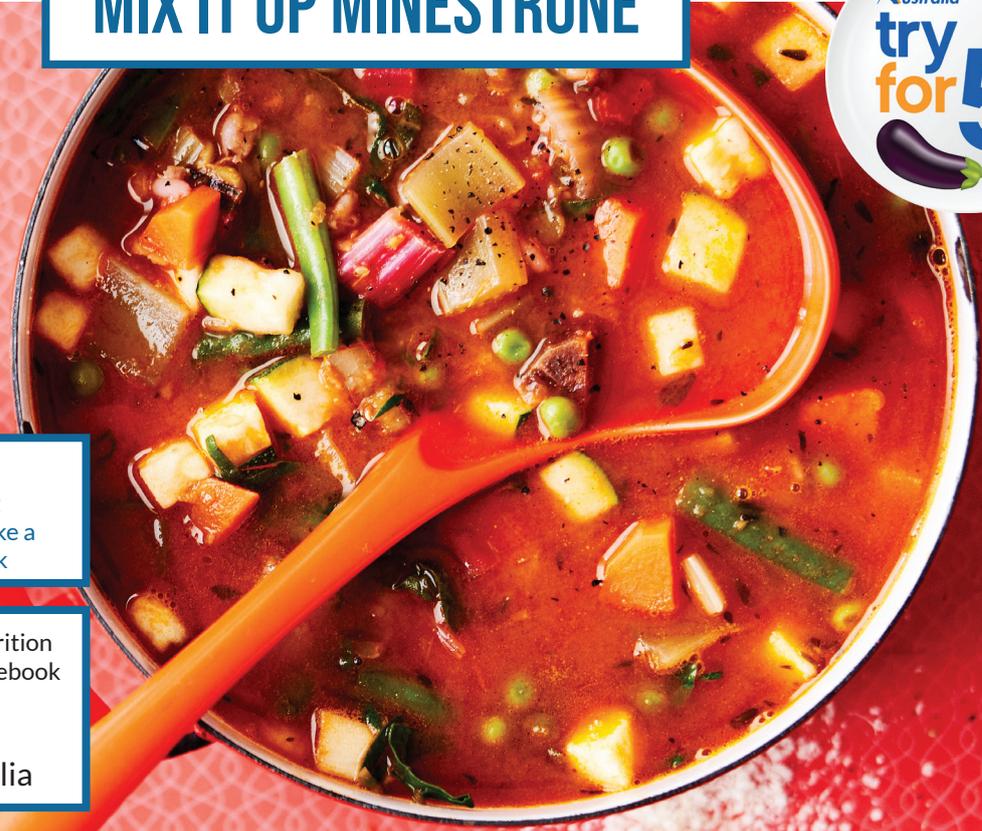
# MIX IT UP MINISTRONE



## WASTE TIPS

Use any leftover veg (ends, peels, tips) to make a delicious veggie stock

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Serves 4

## INGREDIENTS

1 tablespoon extra olive oil  
1-2 celery stalks, coarsely chopped  
1-2 carrots unpeeled and scrubbed  
1 tablespoon thyme leaves  
4 cups (1 litre) chicken stock or Mushroom stock  
2 bay leaves  
½ cup (100g) dried soup mix, or a 400g tin beans, such as borlotti beans, drained  
300g potatoes or sweet potatoes, peeled or scrubbed  
700ml Roasted tomato passata or store-bought tomato passata  
100g green beans, trimmed and cut into thirds  
1 zucchini, coarsely chopped  
2/3 cup frozen peas  
200g leafy greens, such as rainbow chard or spinach  
1/3 cup finely grated parmesan cheese or grated macadamia nuts

## METHOD

1. Heat the oil in a large saucepan over medium heat. Add the celery, carrot and thyme and cook, stirring for 3 minutes. Add the stock and bay leaves if using.
2. If using the dried soup mix, stir it in now with an additional 1-2 cups of water, bring to a simmer and cook for 15-20 minutes, or until the dried pulses are par-cooked. If you are using tinned beans omit this step.
3. If using potato, add it to the soup and cook for 5 minutes. If using sweet potato, add it to the soup and only cook for 3 minutes.
4. Stir in the passata and return to a simmer, then add the green beans and cook for 5 minutes.
5. Add the zucchini, frozen peas and leafy greens along with the tinned beans if using. Cook for a further 5 minutes, or until all the ingredients are tender. Season to taste.
6. Serve the soup drizzled with a little olive oil and sprinkled with grated parmesan or macadamias.

## TOP TIPS

- If you have a parmesan rind in the fridge, add it to the pan when you're adding the stock, to impart more flavor
- For a vegan soup, use a mushroom stock as the soup base, and serve with macadamias nuts instead of cheese
- For a dairy free soup, serve with macadamia nuts instead of cheese
- For a nut-free soup, serve with parmesan instead of macadamias

½ serve legumes per serve  
Great source of fiber and Vitamin C  
Good source of magnesium

**MAKE AHEAD:** this soup will keep in an air-tight container in the fridge for up to 3 months or in the freezer for up to 6 months.