

# Italian vegetable soup



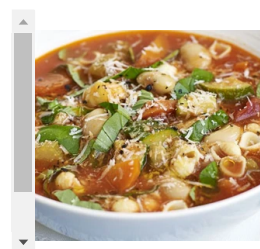
Prep: 15 mins  
Cook: 55 mins



Easy



Serves 8



## Ingredients

2 each of onions and carrots, chopped

4 sticks celery, chopped

1 tbsp olive oil

2 tbsp sugar

4 garlic cloves, crushed

2 tbsp tomato purée

2 bay leaves

few sprigs thyme

3 courgettes, chopped

400g can butter beans, drained

400g can chopped tomatoes

1.2l vegetable stock

100g parmesan or vegetarian equivalent,  
grated

140g small pasta shapes

small bunch basil, shredded

## Method

**Step 1** Gently cook the onion, carrots and celery in the oil in a large saucepan for 20 mins, until soft. Splash in water if they stick. Add the sugar, garlic, purée, herbs and courgettes and cook for 4-5 mins on a medium heat until they brown a little.

**Step 2** Pour in the beans, tomatoes and stock, then simmer for 20 mins. If you're freezing it, cool and do so now (freeze for up to three months). If not, add half the Parmesan and the pasta and simmer for 6-8 mins until pasta cooked. Sprinkle with basil and remaining Parmesan to serve. If frozen, defrost then re-heat before adding pasta and cheese and continuing as above.