



Vegetable Soup

Ingredients:

- 1 onion
- 2 carrots
- 2 sticks celery
- 2 potatoes
- 1 clove garlic
- ½ cup green beans
- 1 cup of Pumpkin
- 2 table spoons olive oil
- 1 can 4 bean mix
- 1 can chopped tomatoes
- 1 litre chicken stock
- 1 cup of pasta (spirals/macaroni/penne)
- ¼ cup chopped herbs

Steps

- Dice onions, carrot, celery and garlic.
- Peel pumpkin and cut into small pieces.
- Top and tail beans and chop into small pieces.
- Heat a large saucepan on medium heat, add oil and cook vegetables for about 5 minutes.
- Add chopped pumpkin and beans.
- Add warm chicken stock and the can of chopped tomatoes. Cover and boil for about 20 minutes.
- Add herbs and salt and pepper to taste