

# Lunch

## RECIPE CARD

### Minestrone Soup (Serves 6)

#### RECIPE NAME

Lunch

#### MEAL TIME

15 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

Lovely with some crusty bread -  
Bake at home rolls are a calorie  
friendly alternative to doorstep  
slices!

If making a veggie version just  
the remove bacon

Try and use reduced salt stock

#### NOTES

Approx 321kcal per serving

#### CALORIES

#### INGREDIENTS

- Low-Calorie Cooking Spray
- 200g lean back bacon
- fat and rind removed, finely chopped
- 2 carrots, chopped
- 6 garlic cloves, minced
- 6 celery stalks, chopped
- 2 onions, chopped
- 2 small potatoes, chopped
- 1 tbsp tomato purée
- 400g chopped tomatoes
- 750ml vegetable stock
- 3 courgettes
- 120g dried pasta

#### METHOD

- ☆☆☆ Place the bacon under the grill for 2-4 minutes on each side
- ☆☆☆ Using low-calorie cooking spray, fry the carrots, celery, garlic and onions
- ☆☆☆ Add the potatoes and fry for 4-5 minutes
- ☆☆☆ Stir in the tomato purée and cook for 1 minute, then add the chopped tomatoes and stock and bring to the boil.
- ☆☆☆ Reduce the heat and simmer for 30 minutes.
- ☆☆☆ Add the courgettes and pasta and return to the boil. Reduce the heat, cover the pan with a lid, simmer for 5-8 minutes, or until the pasta is tender.