



Minestrone Soup

SERVES 4

INGREDIENTS

2 tsp olive oil	400g can diced tomatoes
480g lean beef, cut into 1cm dice	1 tbs tomato paste
1 onion, finely diced	2 baby marrow, diced
2 garlic cloves, crushed	100g green beans, cut into 1.5cm pieces
2 stalks celery, diced	100g broccoli, cut into florets
1 carrot, diced	¼ cup chopped parsley
6 cups salt reduced beef stock	Freshly ground pepper, to season
1 tbs Worcestershire sauce	

METHOD

1. Heat the oil in a large saucepan over high heat and brown the beef in batches. Set aside.
2. In the same saucepan sauté the onion and garlic gently until softened. Return the beef to the saucepan with the celery and carrot, stirring until lightly coloured. Add the stock, Worcestershire sauce, tomatoes and tomato paste. Bring to the boil, reduce heat and simmer for 15 minutes.
3. Add the baby marrow, beans and broccoli. Simmer until vegetables and meat are tender, about 15 minutes.
4. Stir through the parsley. Season with freshly ground black pepper.

