



Little COOKS Club

Healthy Minestrone Soup

Serves about 6/8

2 red onions, peeled and diced

1/2 packed bacon, diced

1 clove garlic

Fry the above then add the following and continue frying for another 2 minutes

2 large carrots, diced

1 large potato, diced

250g pumpkin or butternut, diced

500g cabbage, shredded

Then add the following and cook for 1 hour:

2 x tins of chopped tomatoes

1 ½ litres chicken stock

2 teaspoons dried Italian herbs

Then add

½ cup shell pasta

1 tin butter beans, drained and rinsed

Cook for a further 10 minutes

Salt & pepper to taste

Little Cooks Club

Creating a Passion for Good Food, in Children

www.littlecooksclub.co.za