

Easy Minestrone

1 large onion, chopped
4 rashers bacon or chicken bacon, fat removed (or use a bacon hock)
6 cups chicken stock
500ml jar tomato pasta sauce or tomato soup
3/4 cup (135g) pasta spirals or shells
1/2 tspn oregano
1 Tbspn sugar
4 cups diced vegetables
1 cup frozen peas
440g can 4 bean mix
Fresh chopped parsley and grated parmesan cheese to serve

Saute onion and bacon in large heavy bottomed saucepan until onion has softened. Add stock, pasta sauce, pasta, oregano, sugar, vegetables and cook 15 mins. Add peas and 4 bean mix and cook uncovered for a further 5 mins. Serve with parsley and grated parmesan cheese.

Serves 6-8

Health Habits:

- Using a variety of vegetables – provides a wide range of vitamins, minerals and antioxidants as well as valuable fibre
- Adding bean mix – adds low fat protein and fibre