

Mediterranean vegetable soup

Serves 10

Ingredients	
2 tbsp (30ml) unsaturated oil	1.2 ltrs vegetable or chicken stock made with kallo very low salt stock
1 (150g) onion, peeled & chopped	2 (330g) courgettes, quartered & chopped
2 (12g) cloves garlic, peeled & crushed	200g macaroni
400g can chopped tomatoes	40g fresh basil or 2 tsp (10g) dried basil
1 (160g) red pepper, deseeded & chopped	Black pepper
1 tbsp (15ml) sundried tomato paste	Crusty bread

- **METHOD:**
- Heat the oil in a large saucepan. Add the onion and garlic and gently cook for 5 minutes.
- Add the tomatoes, pepper, tomato paste and stock and bring to the boil.
- Add the courgettes and macaroni and reduce the heat to simmering point, simmer for a further 10-15 minutes until the macaroni is tender. Stir in the basil, taste and season with black pepper.
- Serve with crusty bread.



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
245	8	5	45	5	1.1	2	88