

## Tomato, bean and pasta soup

### Ingredients

1 onion, chopped  
2 celery sticks, sliced  
1 clove garlic, crushed  
1 x 15ml spoon oil  
2 large cans chopped tomatoes  
1x5ml spoon mixed herbs  
1 can cannelloni beans, drained  
600ml water (1 stock cube, optional)  
50g small pasta shells  
a few fresh basil leaves and parmesan cheese,  
grated (optional)  
Black pepper to taste

### Equipment

Chopping board, knife, measuring spoons, garlic press, can opener, saucepan, wooden spoon



### Method

1. Prepare the vegetables.
2. Fry the onions, celery, and garlic in the oil for 3-4 minutes until soft.
3. Add the tomatoes and herbs.
4. Simmer gently for about 10 minutes, covered, stirring occasionally.
5. Add the beans, water and pepper.
6. Cook for 20 minutes.
7. Add the pasta and cook for another 5–10 minutes, until the pasta is cooked.
8. Taste the soup and season with black pepper, if liked.
9. Serve the soup. Pour into a bowl and sprinkle with torn basil leaves and parmesan cheese, if desired.

### Tips

- \* Replace the beans with chopped courgette or peppers.
- \* Swap the pasta for rice or potatoes.
- \* Allow the soup to cool and freeze in a suitable container.