

## Menu Options

### Hearty Minestrone Soup:



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Chopped onion, leek, carrot celery

2 crushed cloves of garlic

Teaspoon of olive oil or coconut oil

Teaspoon of tomato puree tin or chopped tomatoes

Fistful of broken whole-wheat spaghetti

1 & 1/2 Knorr chicken or vegetable stock pots

1litre of water

$\frac{1}{2}$  cup of frozen peas

Cook off chopped veg and garlic in oil for 2 -3 minutes,  
add tomato puree, then water, chopped tomatoes,

spaghetti and stock, bring to the boil and simmer for 20 minutes stirring every minute or so, add peas and serve.

To make a more substantial meal add chopped cooked chicken or ham.

Soup can be chilled and stored in fridge for 3 - 4 days, may also be eaten cold.