

RECIPE FOR HAPPY BELLIES :)

MINISTRONE SOUP

10	ml sunflower oil	£0.01
2	onions, chopped	£0.08
2	carrots, chopped	£0.12
2	sticks celery	£0.14
1	tin chopped tomatoes	£0.35
4	cloves garlic, crushed	£0.12
1	tbsp dried oregano	£0.15
1	tbsp tomato puree	£0.06
½	pack frozen peppers	£0.40
500	ml dry cider	£0.50
¼	vegetable stock cube	£0.10
¼	pack spaghetti, broken	£0.16

£2.19

4 PORTIONS = 55p/PORTION

METHOD: In a large non-stick saucepan, fry onions, carrots and celery in a little vegetable oil until soft. Add garlic, peppers, oregano, tomato puree, and stock cube. Stir to prevent sticking for 2 minutes. Add tinned tomatoes and cider and cook through for 5 minutes. Add spaghetti and cook for a further 5-10 minutes until pasta is al dente. Serve in deep bowls - this is a hearty soup but can be served with crusty bread if desired.

For extra time and energy saving value, why not make this recipe in a pressure cooker?