

CALORIE CONTROL RECIPES

MAINS

Chunky Minestrone Soup – serves 4

1 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, crushed
3 cups vegetable stock
4 cups finely shredded cabbage
1 cup diced carrots
800 g can chopped tomatoes
1 ½ cup pasta shells
1 cup kidney beans, cooked

heat oil in a large saucepan. Add onion and garlic. Cook gently until onion is tender. Add stock, cabbage, carrots and tomatoes. Simmer, covered for 20 minutes. Add pasta and kidney beans. Cook, covered, for a further 15 minutes. Serve with crusty Italian bread.