

Beef and Veg Minestrone

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This yummy Italian-inspired soup is perfect for serving for dinner for the whole family, as its really quite simple. Beef mince is simmered with a simple vegetable tomato soup base and then dried spaghetti and chickpeas are added to add bulk.

Ingredients:

250g minced beef
300ml beef stock
2 rashers of bacon
2 carrots
1 onion
2 celery sticks
400g tin chopped tomatoes
400g tin chickpeas, drained
50g spaghetti, broken into pieces
2 tsp. dried herbs
1/2 tsp. dried chilli flakes
Salt and pepper
1 bay leaf
1 tbsp. oil

Directions:

1. Dry fry the mince until browned and place into a large saucepan.
2. Finely chop the bacon, onion, celery and carrots. Heat the oil in the frying pan you used to cook the mince and then cook the bacon until browned. Add the veg and fry for 15 minutes or so, then add the mixture to the pot with the mince in.
3. Add the tomatoes, bay leaf, herbs, chilli flakes, beef stock and salt and pepper. Simmer for twenty minutes.
4. Add the chickpeas and spaghetti and simmer for another ten minutes, then remove the bay leaf before serving.

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