

Ingredients (serves 12)

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, crushed
- 2 sticks celery, finely diced
- 1 carrot, diced
- 2 tbsp salt reduced tomato paste
- ½ head (90g) broccoli, chopped
- ¼ head (150g) cauliflower, chopped
- 1 zucchini, diced
- ½ capsicum, diced
- Small handful of green beans, diced
- 1 litre salt reduced vegetable stock
- 1 cup dried wholemeal pasta e.g. macaroni
- 400g can salt reduced canned tomatoes
- 400g can beans – kidney, cannelloni, chickpeas, drained
- Parsley to garnish



Tips:

Dicing vegetables finely or grating is a great way to hide vegetables in dishes for fussy eaters

Method:

1. Heat olive oil in a large saucepan to medium heat and sauté onion, garlic, celery and carrot. When soft, add tomato paste and fry for 2 mins
2. Add broccoli, cauliflower, zucchini, capsicum, green beans and stock and bring to the boil
3. Add pasta and simmer for 7 minutes (pasta will continue to cook in the hot liquid)
4. Add canned tomatoes and canned beans, simmer for a further 5 minutes
5. Remove from heat and serve warm, garnish with parsley