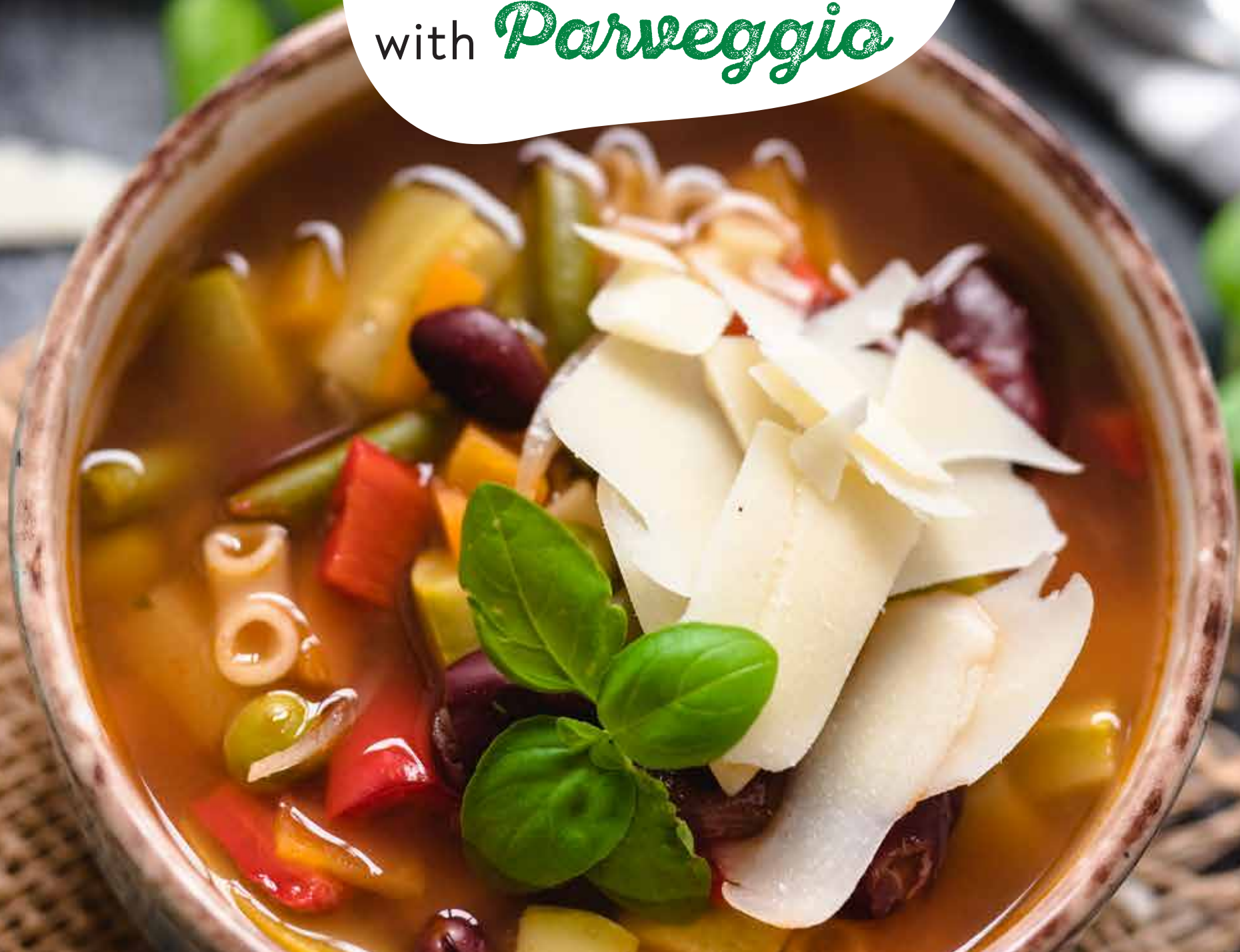
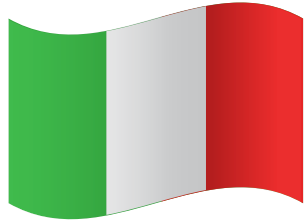




**PLANT-BASED
RECIPES**
MINISTRONE
with *Parveggia*



We travel
around the world!
Lets discover
Italian Cuisine!



you will need

1.5 L of vegetable stock • 1 tbsp of tomato paste

200 ml of tomato sauce • 1 red onion, *sliced*

1 clove of garlic, *diced*

1 red bell pepper, *chopped*

1 carrot, *peeled and chopped*

100 gr of zucchini, *chopped*

100 gr of red kidney beans, *cooked*

100 gr of french beans

30 gr of frozen peas • 120 gr of macaroni

Serve with: Parveggio and Fresh basil

Recipe & Photo credits
@topfoodfacts

method

Add all of the ingredients, except the pasta, to a soup bowl and cook on a medium heat.

Let it simmer gently, for about 25 minutes.

Now add in the pasta and cook for another 10 minutes.

Serve with parveggio and fresh basil!



SERVES



PREP TIME



APPROXIMATE
COOKING TIME



*Did you make
this recipe?*



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