



Submitted by Gwen Wilton

# Ministrone Soup

## Ingredients

1 tablespoon olive oil  
1 chopped onion  
3 stalks celery sliced  
1 leek (finely sliced)  
3-4 (170gm) rashers bacon, chopped  
4 cups beef stock  
1 tin crushed tomatoes  
1 sachet tomato paste  
2 tblsps (20ml) brown sugar or  
Splenda  
2 tblsp (20ml) vinegar  
1 tin red kidney beans  
1 cup macaroni  
2 sliced zucchini  
1 cup sliced cabbage

## Procedure

Fry together in soup pan: olive oil, chopped onion, celery, leek and bacon

Add stock, crushed tomatoes, tomato paste, sugar or sweetener and vinegar

Cook for 1 hour

Add diced potatoes

Cook further ½ hour

Finally add kidney beans, macaroni, zucchini and cabbage

Cook until pasta is tender and serve