



LIFELABS






Step-by-step Fridge Soup Recipe



Ingredients you will need:

- Carrot, onion, celery, for frying
- Garlic cloves
- Potatoes, peppers, mushrooms or courgette
- Handful of greens, like spinach or kale
- Can of cannellini beans or chickpeas
- Dash of olive oil
- Dollop of tomato purée
- Can of tinned tomatoes
- Stock cube
- Dried herbs, such as thyme and oregano
- Small handful spaghetti (or tiny pasta shapes such as orzo or alphabet pasta)

To serve (optional)

- Fresh herbs, such as parsley, chives or basil
 - Grated parmesan or cheddar
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Method

Step 1

Chop all the veg for frying: carrot, onion and/or celery to start with. Slice the garlic and chop the potatoes, peppers, mushroom etc. into cubes. Set aside.

Step 2

Tear up any greens you wish to cook into pieces. Set aside.

Step 3

Drain and rinse the beans or chickpeas. Set aside.

Step 4

Heat a dash of olive oil in a pan and fry the carrot, onion and/or celery until softened.

Step 5

Add the sliced garlic and cook for a few more minutes.

Step 6

Stir in the tomato purée and cook for another minute.

Step 7

Tip in the tinned tomatoes, water and the stock cube, following the proportions of stock cube to water on the packet. (You can clean out the tomato tin with half a can of extra water to get every bit of tomato from the can.)



Step 8

Add dried herbs if liked – such as thyme or oregano.

Step 9

If you are adding potatoes, add them now and reserve the remaining vegetables. Simmer for ten minutes.

Step 10

Break up the spaghetti into small pieces and add it to the pan (or alternatively use tiny pasta shapes such as orzo or alphabet pasta).

Step 11

Add the drained cannellini beans (or chickpeas) and simmer until the pasta is nearly cooked.

Step 12

Add the other reserved vegetables and simmer until they are cooked to your liking, adding the greens last of all.

Step 13

Serve in a bowl topped with fresh herbs or grated cheese if you have either (both optional) and with the flatbread on the side.