

Slow Cooker Minestrone Soup

Ingredients

Serves: 8

- 1.5L vegetable stock
- 2 (400g) tins chopped tomatoes or passata
- 1 (400g) tin kidney beans, drained
- 1 large onion, chopped
- 2 stalks celery, diced
- 2 large carrots, diced
- 125g sliced green beans
- 1 small courgette
- 3 cloves garlic, minced
- 1 tablespoon fresh parsley
- 1 1/2 teaspoons dried oregano
- 1 teaspoon salt
- 3/4 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper
- 50g macaroni pasta
- 200g fresh spinach leaves
- 1 or 2 tablespoons finely grated Parmesan cheese, to serve



Method

1. Combine vegetable stock, tomatoes, kidney beans, onion, celery, carrots, green beans, courgette, garlic, parsley, oregano, salt, thyme and black pepper in large (6.5L) slow cooker.
2. Cook on Low for 6 to 8 hours.
3. Cook macaroni in boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes; drain.
4. Stir spinach and macaroni into minestrone soup; cook another 15 minutes. Top with Parmesan cheese.