



Minestrone Soup Serves 4 to 6

15ml Olive oil
1 Small onion, thinly sliced
1 Leek, washed and sliced into rings
1 Potato, peeled and grated with MINCER
1 Carrot, scraped and grated with MINCER
410g Can whole peeled tomatoes drained OR
250g Fresh tomatoes, skinned and seeded
1.5 Litres ham or chicken stock
30g Spaghetti, broken into small pieces
1 Bay leaf
Salt and black pepper ground in MILL
150g Frozen peas

To Garnish:

Parmesan cheese grated in the GRINDER
Parsley finely chopped in the GRINDER

Method:

Place oil, vegetables and garlic in large casserole dish, cover.
Microwave on 100% power for 3minutes. Sprinkle parmesan
cheese and parsley before serving.