



Hearty Pasta Soup (serves 4)

1 tbspn Olive oil
2 Carrots, chopped
1 large onion, finely chopped
1 ltr vegetable stock
400g tin chopped tomatoes
200g frozen mixed beans & peas
250g pack fresh filled tortellini
(spinach & ricotta would be good)
Handful basil leaves
Grated Parmesan Cheese to serve



How to Make

Heat the oil in a pan and add in the carrots and onions and fry for 5 mins until starting to soften. Add in the stock and tomatoes and simmer for 10 mins then add in the peas and beans.

Once the veg is tender, stir in the tortellini, bring to the boil and simmer for 2 mins, until the pasta is just cooked, then stir in the basil and season. Pour into your food flask to keep it hot until you are ready to tuck in. Pour into mugs or bowls and sprinkle over parmesan. If you don't have any basil you can stir through a spoonful of pesto when you serve it.