

Winter Vegetable Broth with Pasta

Ingredients

25g/1oz butter

100g/4oz onion, thinly sliced

150g/6oz carrots

75g/3oz celery, thinly sliced

200g/8oz sweet potato, diced

100g/4oz parsnips, thinly sliced

850 ml (1 ½ pints) vegetable stock

1 large bay leaf

50g/2oz Low Protein Pasta

Salt and pepper to taste

Method

1. Melt the butter in a large saucepan.
2. Add the onion, cover and cook for 3 minutes over a moderate heat, until the onion is transparent. Stir occasionally during cooking.
3. Meanwhile cut the carrot into 'julienne/matchstick' pieces.
4. Add the carrots, celery, sweet potato, parsnips, stock and bay leaf to the pan, bring to the boil. Reduce the heat, cover and simmer for 10 minutes.
5. Stir the pasta into the soup, reheat. Cover the pan, reduce the heat and cook for a further 8 minutes. Remove bay leaf, and adjust seasoning if desired before serving.