

## VEGGISTRONE



## INGREDIENTS

- Long & Short Veggie Pasta (Spinach & Beetroot) 1/2 cup each
- Extra Virgin Olive Oil 2 tablespoons
- Garlic, minced 4 cloves
- Onions, chopped 2 medium sized
- Celery (4 medium stalks), chopped 1 cup

- Cabbage, chopped 2 cups
- Carrots, chopped 3 medium sized
- Green beans, chopped 1/2 cup
- Vegetable broth 4 cups
- Water 11/2 cup
- · Tomato puree 1 can
- Tomatoes, diced 100g
- Kidney beans, soaked 100 grams

- · Bay leaf 1 leaf
- Spinach, chopped 2 cups
- Basil, thinly sliced 1/2 cup
- · Parmesan cheese, grated -11/3 cup
- Black pepper 1 teaspoon
- · Salt to taste

## STEPS FOR COOKING



Heat oil in a large wok over medium heat.



Add onion, celery, garlic, bell pepper and sauté.



Pour in the prepared vegetable broth, Long&Short pasta, tomato puree, tomatoes, bay leaf and bring to a boil until tender.

cauliflower, carrot, beans, occasionally stirring, until slightly softened.



Stir in spinach and simmer for another 10 minutes.



Discard the bay leaf, stir in basil and cheese and serve.