Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Please note: This recipe contains stock cubes/powder.

Use of stock cubes/powder (standard and low salt versions) should not be used with babies under 12 months of age and are not recommended for children under 11 years old. If you plan to use the low salt stock cube(s)/powder suggested for this recipe, please add this towards the end of cooking, taking out the baby/child's portion before you do so. Herbs and mild spices can be used.

Texture of foods is very important for babies around 6-12 months (starting solids stage), beginning with well mashed to lumpy to then chopped (age/stage appropriate). Also, simple single food ingredients are recommended at early weaning stage and not composite dishes. Consult with your Health Visitor/Dietician for advice and see:
www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods
Follow this link for recipes and wider information on introducing solid foods to your baby: **www.nhsggc.scot/your-health/early-years/starting-solids/**
For other family friendly recipes see: **www.parentclub.scot/recipes**
For further information on salt refer to: **www.bda.uk.com/resource/salt.html**

MINESTRONE SOUP

INGREDIENTS (SERVES 4)

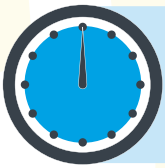
- **1** Onion
- **2** Carrots
- **3** Large celery sticks
- **2** Garlic cloves
- **2** Tablespoons tomato puree
- **400g** Tinned chopped tomatoes
- **2** Low salt vegetable stock cubes
- **400g** Cannellini beans or other beans of your choice
- **100g** Dried pasta
- **¼** Head green cabbage

PANTRY LIST

- Water, oil, parmesan (optional)

EQUIPMENT NEEDED

- Medium pot
- Frying pan
- Wooden spoon
- Tablespoon
- Measuring jug
- Chopping board
- Sharp knife
- Grater (optional)
- Hand blender (optional, can be used if a smoother consistency is desired for this recipe)



PREPARATION TIME:
20 minutes
COOKING TIME:
40 minutes

METHOD

1. Dissolve the 2 low salt vegetable stock cubes in 1.2 litres of boiled water and set aside.
2. Peel and chop the onion. Wash the carrots and celery and chop into similar sized chunks.
3. Heat 1 tablespoon of oil in a medium pot and add the chopped vegetables and cook for about 10 minutes, stirring occasionally until the vegetables have softened.
4. Peel and finely chop the garlic and add it to the pot and fry for another minute. Stir in the tomato purée and cook for a further 3 minutes.
5. Add the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes.
6. Add the beans and pasta and cook for a further 10 minutes, or until the pasta is cooked.
7. Meanwhile shred the cabbage and add to the pot and cook for another 2 minutes. If the soup is too thick, add some hot water to reach your preferred consistency.
8. Serving suggestion: grate some parmesan (if desired) for the top of your soup.



ALLERGY INFORMATION:

Celery: Vegetable stock cube

Sulphites: Vegetable stock cube

Gluten: Pasta

Legumes: Cannellini Beans