

Farmhouse Soup

Makes 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 onion, roughly chopped
- 3 carrots, cut into large chunks
- 2 turnips, cut into large chunks
- 14-ounce can chopped Italian tomatoes
- 1 tablespoon tomato paste
- 1 teaspoon dried mixed herbs
- 1 teaspoon dried oregano
- 4 ounces roasted red pepper (about 1 whole pepper), roughly sliced
- 6 1/4 cups vegetable stock
- 1/2 cup whole wheat macaroni
- 14-ounce can red kidney beans, rinsed and drained
- 2 tablespoons chopped fresh flat-leaf parsley
- Salt and freshly ground pepper
- Parmesan cheese, to serve

Heat the oil in a large saucepan, add the onion and cook over low heat for about 5 minutes, until softened. Add the prepared fresh vegetables, canned tomatoes, tomato paste, dried herbs and roasted red peppers. Stir in salt and pepper to taste. Pour in the stock and bring to a boil. Stir well, cover, reduce the heat and simmer for 30 minutes, stirring occasionally.

Stir in the macaroni and let cook for 10 minutes, uncovered, stirring occasionally. Stir in the beans. Heat through for 2-3 minutes, then remove from the heat and stir in the parsley. Adjust the seasoning. Serve hot in soup bowls, sprinkled with a little grated Parmesan.