

# Become a Souper Trouper...

And transform your leftovers into a delicious, winter-warming soup

Try

## Minestrone Soup

Ingredients

Serves 4

3 tablespoons vegetable oil  
1 medium onion, finely chopped  
1 medium leek, trimmed, washed & finely chopped  
2 stalks celery, trimmed & finely chopped  
2 medium carrots, chopped  
400g chopped tomatoes (fresh or canned)  
1 clove garlic, finely chopped  
750ml water with 1 stock cube  
2 teaspoons fresh oregano, chopped or 1 tsp of dried oregano (or basil)  
1 tablespoon tomato puree  
30g frozen peas or broad beans  
30g dried (small) pasta or spaghetti (or use leftover pre-cooked pasta)\*  
Grated Parmesan or other hard cheese to serve

Tip

If you don't have peas and broad beans to hand why not use up other pulse vegetables such as kidney beans, chickpeas or baked beans?

### Method

1. Dissolve the stock cube into 750ml of just boiled water.
2. Heat the oil in a pan over a medium heat, then add the chopped onion, leek, celery and carrots, stirring well, and cook for 5 minutes to allow the vegetables to soften but not go too brown.
3. Stir in the chopped tomatoes and the garlic.
4. Pour in the vegetable stock, then add the herbs and mix in the tomato puree and bring to the boil.
5. Add the frozen peas and pasta and simmer for 10-15 minutes. If using spaghetti, break into small strands. Add more stock to thin as required.
6. Serve and garnish with grated Parmesan.

\* If using pre-cooked pasta add this towards the end of the cooking time.



Can be frozen

## Cheesy Parmesan Crisps

(great as a soup topping)

### Ingredients:

- Butter (for greasing)
- 80g/3oz parmesan, finely grated (or similar hard cheese)
- 1 tsp poppy seeds
- 1 tsp sesame seeds

### Method:

1. Preheat the oven to 220C/425F/Gas 7, line a large baking tray with baking paper and grease with butter.
2. Mix cheese and seeds together in a small bowl. Place small scoops of the mixture onto the baking tray and flatten to create a thin layer. Leave about 3cm between each to allow for any spreading during cooking.
3. Bake in the oven for a few minutes until the cheese is golden-brown and bubbling.
4. Remove from the oven. Slide the paper off the baking tray and onto a rack to cool. Leave for 1-2 minutes or until crisp. Carefully remove each crisp using a palette knife.



Every year in the UK we throw away £15 billion worth of food which could have been eaten.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

Good to know

# Environment

## Did you know?

Different types of energy are used to get food from farm to fork - fuel to power the tractor to plant and harvest the field, fertiliser to make crops grow, energy to make packaging, fuel to drive lorries and cars, electricity to run freezers, fridges and cookers. So when food is binned it is not only the product itself which is wasted but all the energy and resources which goes into producing it.

In the UK if we all stopped throwing away food that could have been eaten it would save as much carbon as taking 2.2 million cars off the road each year.

For more tasty winter-warming soup recipes and tips to help you reduce your food waste visit:  
[www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com)