



Traffic light category: **Green**

Serves: **12**

## Ingredients

- 250g minced beef
- 1 garlic clove, crushed or finely diced
- 1 red onion, diced
- 2 carrots, peeled & diced
- 2 stalks celery, sliced
- 1 small zucchini, grated
- 1 small leek, finely sliced
- ½ teaspoon dried oregano
- 1 bay leaf
- 1 large potato, peeled & cut into 1cm cubes
- 1 x 400g can cannellini beans, rinsed and drained
- 2 x 400g cans crushed tomatoes
- 1 litre reduced salt chicken stock
- 100g small pasta such as risoni
- Small bunch fresh basil finely grated
- Parmesean cheese to serve

## Method

1. Heat a large saucepan over a medium heat. Add mince and cook for 4 minutes, or until brown
2. Add garlic, onion, carrots, celery, zucchini, leek, oregano and bay leaf, cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally
3. Add potato, cannellini beans, tomatoes and vegetable stock
4. Cover with a lid and bring to the boil, simmer for about 30 minutes, or until the potato is cooked through
5. Add pasta to the pot, cook for a further 10 minutes, or until the pasta is al dente
6. Add a splash more stock or water to loosen, if needed
7. Roughly tear the basil leaves and stir through
8. Season to taste with pepper, then serve with a grating of Parmesan (approximately 1 teaspoon).

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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