

## Fresh provençal soup

A delicious fresh soup packed with vegetables

Cooking time: 30 minuets

**Serves: 1**

Nutrition per serving:  
294 calories

### Ingredients:

- 1 medium carrot
- 1 clove garlic
- 1 stick celery
- 50g baby new potatoes
- 300ml vegetable stock
- 2 spring onions
- 1 ripe tomato
- 1 small courgette
- 30g fine beans
- handful of fresh basil
- 1 tsp green pesto
- 1 small wholemeal roll (45g)

### Method:

1. Thinly slice 1 medium carrot, 1 clove garlic and 1 stick celery, and dice 50g baby new potatoes (leaving the skin on).
2. Pop in a non-stick pan with 300ml hot vegetable stock and bring to the boil, then simmer for 15 mins.
3. Stir in 2 sliced spring onions, 1 chopped ripe tomato, 1 small diced courgette, 30g fine beans and a handful of fresh chopped basil, and simmer until everything is tender.
4. Serve swirled with 1 tsp green pesto and a small wholemeal roll (around 45g) for mopping it up.

