

# Minestrone Soup



4:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	33.6g	23.6g LCT	
		10g MCT	
Protein	3.5g		
Carbohydrate	4.6g		
Energy (calories)	335kcal		



Enhancing Lives Together



# Minestrone Soup

Ingredients	Quantity	Your recipe
Olive oil	20g	
Back bacon, diced	3g	
Aubergine, finely diced	10g	
Carrots, finely diced	10g	
Celeriac, finely diced	10g	
Celery, finely diced	10g	
Courgette, finely diced	10g	
Leek, finely diced	5g	
Mushrooms, finely diced	10g	
Tomato purée e.g. GIA Sun Dried	2g	
Garlic purée e.g. GIA	1g	
Mixed herbs	1g	
<b>K-Quik</b>	50g	
Stock cube, vegetable	1g	
Tinned chopped tomatoes	30g	
Water	100g	
Dried spaghetti, broken into small pieces	5g	
Parmesan cheese, grated	4g	

## Method:

1. Heat oil in a saucepan over a medium heat, add the bacon, aubergine, carrots, leeks, celery, celeriac, courgette, mushroom, tomato purée, garlic purée and mixed herbs, cook for 3 to 4 minutes, stirring occasionally.
2. Add the **K-Quik**, stock cube, chopped tomatoes and water, stir and simmer on a low heat for 10 minutes.
3. Add in the dried spaghetti and cook for 5 minutes.
4. Pour the soup into a bowl and sprinkle Parmesan cheese over the top before serving.

Serving Suggestion

## Always check with your dietitian what is suitable for you

- Serve with a bread roll or breadsticks (see recipes)

**K-Quik is a food for special medical purposes and must be used under medical supervision.**

**This recipe has been specifically designed for use in a ketogenic diet.**

**Refer to labels for allergens and other product information.**