

Minestrone Inspired Vegetable in Tomato with Quinoa Casserole (low FODMAP)



Serves 8 (450g per serve)

Energy: 815Kj (233Kcal), protein: 8g, total fat: 6g, saturated fat: 1g, carbohydrate: 25g, dietary fibre: 12g, Sodium: 120mg per 100g

Note* This recipe can be made in three variations; one is leaving chunky vegetables, two by adding more water or vegetable stock to make a soup or 3 pureeing the whole soup.

Ingredients

- Olive oil (garlic infused) x 2 tbs (chop 4 cloves of garlic in large pieces and add to oil. Use only oil portion)
- Asafoetida x 1/4 teaspoon
- Carrot x 2 - 3 medium size or 300g
- Zucchini x 2 -3 medium size or 300g

For more information visit:

www.nero4me.com



- Broccoli x 300g
- Tomato x 3 medium or 200g
- Crushed tomato tinned x 400g
- Vegetable stock x 1.5 litres – (you can use store brought commercial stock, but this may increase sodium content)
- Quinoa uncooked x 230g
- Dried thyme leaves x 2
- Marmite yeast extract x 6 teaspoons or 30g
- Tomato paste (low sodium) x 280g
- Savoury dried yeast extract x 6 teaspoons
- Parsley either flat or curly leaf (chopped) x 1 cup or a good handful
- Spring onions x 4 stalks for garnish (use green part only)

Method

1. Finely dice the carrots, zucchini and broccoli and set aside
2. Core the tomato and roughly chop and set aside.
3. With a seven litre pot over low heat, add garlic infused olive oil and saute the vegetables until they becomes slightly cooked and stir, making sure it does not burn and stick to the bottom of the pot.
4. Add asafoetida and stir
5. Add in the chopped and tinned tomatoes
6. Add in dried thyme herbs
7. Add in the dried quinoa and stir in well
8. Pour in all of the vegetable stock and bring to a boil and then reduce to a simmer
9. Add in the marmite and savoury yeast extract
10. Continue with gentle simmer and cook for a further 30 minutes and remembering to add more water or stock as needed.
11. When it is cooked, turn off the heat and add in the chopped parsley and stir in
12. Slice the spring onions and use as garnish and serve.

*** Note** – the added dried quinoa will absorb a lot of liquid and more liquid will be needed during the cooking process. This is not a set and forget; it requires to continue stirring to stop the bottom from burning; turning the heat down will help, but stir, stir and stir.

For more information visit:

www.nero4me.com

