



*Targeted effective relief from abdominal
cramping, pain & discomfort*

Minestrone

Traditional Italian minestrone uses a fine macaroni known as ditalini. If you can't find this, fine spaghetti makes a good substitute: simply wrap the raw spaghetti in a tea-towel and break into short pieces over the edge of a table. Serves four.

- 150 g (5.29 oz) ditalini or other fine pasta
- 1 bay leaf
- 1 sprig rosemary
- 3 carrots (large)
- 2 celery stalks
- 1 large yellow onion
- 1 red capsicum
- 500 ml (16.9 oz) tinned tomatoes
- 2 tablespoons olive oil
- Pepper



1. Boil pasta in salted water until just tender; drain and put to one side.
2. Peel and thinly slice the carrots, celery, capsicum and onion and add to pot along with bay leaf, rosemary and a little olive oil. Fry lightly. Add 1.5 litres (60.7 oz) of water and bring to the boil. Reduce heat and cook for a further 20 to 30 mins.
3. Add tomatoes and olive oil. Continue to cook for at least 50 mins, stirring occasionally and topping up with hot water if necessary.
4. Shortly before serving, add freshly-ground black pepper and salt.