



MAGNIFICENT MINESTRONE SOUP

Minestrone is a fantastic soup as you can mix and match the ingredients depending on what you have available.

SERVES 30 portions of 225ml **PREP** 15 mins **COOK** 30 mins

EQUIPMENT

Large knife / chopping board / vegetable peeler / large pan / wooden spoon / tin opener

INGREDIENTS

2 onions, peeled and finely chopped
3 cloves garlic, crushed
3 carrots, peeled and finely chopped
3 celery sticks, finely diced
400g of peas/beans
Mixed herbs (*for example basil, parsley, thyme, rosemary or oregano*)

200g-400g of 2-3 different vegetables from your garden e.g. leek, cabbage, spinach, kale or courgette, finely chopped
Olive oil or vegetable oil
8 x 400g tins chopped tomatoes
150g small dried pasta shapes
2 litres vegetable stock

METHOD

1. Add around 2 tablespoons of oil to your pan
2. Add the onion, garlic, carrots and celery and sauté for a few minutes
3. Add the chopped tomatoes, herbs and your remaining chosen vegetables (*except for the peas or beans*)
4. Add the water or stock
5. Bring to the boil and then simmer for 20 minutes
6. Add the pasta and peas or beans and continue simmering for another 5-10 minutes, until the pasta is cooked through

Soup recipe kindly provided by Kindergardencooks

Got a brilliant soup recipe that is soup-er tasty? **Share it with us! #bigsoupshare**