



Magnificent Minestrone Soup

Ingredients

Makes around 30 portions of 225ml

- Olive oil or vegetable oil
- 2 onions, peeled and finely chopped
- 3 garlic cloves, crushed
- 3 carrots, peeled and finely chopped
- 3 celery sticks, finely diced
- 8 x 400g tins chopped tomatoes
- Mixed herbs from the garden (for example basil, parsley, thyme, rosemary or oregano)
- A mixture of other vegetables from your garden. We recommend choosing two or three and using 200g-400g of each, finely chopped. Why not try leeks, cabbages, kale, spinach or courgettes?
- 2 litres water or stock
- 150g small dried pasta shapes
- 400g of peas/beans (you can use a mixture or a tin of mixed beans from the shops)

Equipment

- A large pan or pot that holds around 8-10 litres
- Vegetable peeler
- Chopping knife
- Garlic crusher
- Tin opener
- Wooden spoon
- Ladle

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 simmer for 15-20 minutes
6. Add the pasta and peas or beans and continue simmering for another 5-10 minutes
7. Allow the soup to cool slightly before serving

Tip: Top with freshly grated parmesan and serve with warm, crusty bread

Soup recipe kindly provided by Kindergardencooks

