

Minestrone Soup

Recipe source: adapted from taste.com.au

Fresh from the garden: herbs, celery, broad beans, potatoes

Notes: This is an easy recipe to make, but you need to start early. The Italian soup mix needs to soak in water over night, and then the soup needs to cook for 2 hours.

Equipment:	Ingredients:
Sieve	375g Italian soup mix
2 Medium mixing bowls	¼ cup olive oil
Large saucepan	1 ½ large onions, finely chopped
Chopping boards	2 cloves garlic, finely chopped
Knives	3 large celery stalks, finely chopped
Peeler	3 large carrots, finely chopped
Measuring cups and spoons	2 medium potatoes, chopped into small cubes
Measuring jug	Large handful fresh thyme leaves
Cook's spoon	150g bacon or pancetta
	3 tablespoons tomato paste
	2 x 400g tins of crushed tomatoes
	4 ½ litres chicken stock
	3 bay leaves
	250g frozen peas or broad beans
	¼ savoy cabbage, thinly sliced
	200g small soup pasta shapes
	¼ cup parsley, finely chopped
	Parmesan cheese, to serve

What to do:

1. Place the Italian soup mix in a large bowl, cover with cold water and leave to soak overnight. NOTE- this step has been done for you.
2. Drain the soup mix and rinse well. Place in a bowl and set aside.
3. Finely chop the onion, garlic, celery and carrot and place in a medium mixing bowl. Roughly chop the bacon. Cut the potatoes into small cubes.
4. Place the oil in a large, heavy-based saucepan over medium-low heat. Add the bacon and cook until crisp. Add the onion, garlic, celery, potatoes and carrot then cook, stirring regularly, until the vegetables have softened, about 10 minutes.
5. Add tomato paste and thyme leaves (stalk removed) and stir for a further minute. Add drained beans, canned tomatoes, stock and bay leaves. Increase heat to high and bring to the boil, then partially cover, reduce heat to low and simmer for 2 hours, stirring occasionally to prevent catching, until the beans are tender.
6. On the day of serving, bring soup to a gentle boil. Add the peas, thinly sliced cabbage, and pasta, then cook, uncovered, for a further 10 minutes or until the pasta is al dente and the peas and cabbage are tender. Stir through the finely chopped parsley and season to taste with salt and pepper (adding salt earlier can make the beans tough).
7. Serve topped with a little parmesan cheese.