



Harvest Minestrone Soup

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bay leaves, carrots, garlic, leek, onion, oregano, parsley, potatoes, silverbeet, seasonal vegetables and herbs (see suggestions below)

Note: If using dried cannellini beans, soak and cook 240 g of beans ahead of time.

SUGGESTIONS BY SEASON:

Spring: asparagus, broad beans, broccoli, peas

Summer: basil, capsicum, cherry tomatoes, green beans, zucchini

Autumn: cabbage, celery, mushroom, pumpkin, sweet potato

Winter: Brussels sprouts, cabbage, celery, parsnip, turnips

EQUIPMENT:

metric measuring jug,
cups and spoons
tea towel
chopping board
cook's knife
colander
large pot with lid
wooden spoon
ladle
serving bowls

INGREDIENTS:

1/4 cup olive oil	800 g tomato passata
1 onion, diced	1 L vegetable stock
6 cloves garlic, sliced	400 g tinned cannellini beans, drained and rinsed
1 leek, halved and sliced into pieces 1 cm wide	3 potatoes, diced
2 carrots, diced	3 handfuls of parsley, chopped
2 bay leaves	1 bunch of silverbeet, chopped
4 sprigs of oregano	1/2 tsp salt
2 cups of seasonal vegetables, diced	pepper, to taste
	parmesan cheese, grated (optional)

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large pot over medium heat.
3. Add the onion, garlic and leek to the pot and sauté for 5 minutes or until onion is translucent.
4. Add carrots, bay leaves, oregano and seasonal vegetables, and cook for another 5 minutes.
5. Add the passata, vegetable stock, cannellini beans and potatoes, and bring to the boil. Turn down the heat and simmer for 15–20 minutes until the vegetables have softened.
6. Add the parsley and silverbeet and cook for a further 5 minutes.
7. Season with salt and pepper.
8. Ladle into small bowls and serve with a sprinkle of parmesan cheese.

