

Minestrone Soup

Fresh from the garden: potato, carrots, leek, parsley, onion, zucchini, etc.

Equipment:

metric measuring cup
chopping board
cook's knife
colander
vegetable peeler
large, heavy-based saucepan
wooden spoon
serving bowls

Ingredients:

Olive oil
2 cloves /teaspoons garlic
1 x jar passata or 2 x tins tomatoes
4 cups of stock (4 stock cubes)
Approximately 3 cups of chopped veggies
cut into small cubes: zucchini, carrot,
potato, sweet potato
Bunch parsley, torn roughly
1 cup of small pasta
1 tin Cannellini/kidney beans
Salt/pepper to taste
Pasley for garnish

Method (What to do):

1. Saute garlic and add passata.
2. Allow to cook for and bring to a boil.
3. Add veggies, parsley and stock and simmer until tender.
4. When vegetables are tender, add beans and pasta.
5. Continue to heat until pasta is cooked.
6. Season with salt and pepper.