



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:

¼ cup olive oil
 1 onion, diced
 6 cloves garlic, sliced
 1 leek, halved and sliced
 into pieces 1 cm wide
 2 carrots, diced
 2 bay leaves
 4 sprigs of oregano
 2 cups of seasonal
 vegetables, diced

800 g tomato passata
 1 Litre vegetable stock
 400 g tinned cannellini beans,
 drained and rinsed
 3 potatoes, diced
 3 handfuls of parsley, chopped
 6 silverbeet, leaves chopped
 ½ tsp salt
 pepper, to taste
 parmesan cheese, grated
 1 cup uncooked small pasta
 (shells, risoni, orzo, baby macaroni, alphabet
 or star pasta)

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 10 minutes until the vegetables have started to soften.
6. Add the pasta and cook for 2 minutes less than the time on the packet.
7. Add the parsley and silverbeet 5 minutes before the pasta is ready.
8. Season with salt and pepper.
9. Ladle into small bowls and serve with a sprinkle of parmesan cheese.

