



Minestrone Soup

Ingredients

- 1 clove garlic
- 1 red onion
- 2 carrots 
- 2 sticks celery
- 1 courgette
- 1 small leek
- 1 large potato 
- 1 x 400g tin cannellini beans
- 2 rashers bacon
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- 1 bay leaf
- 2 tins tomatoes 400g
- 1L vegetable stock
- 1 large handful of seasonal greens, such as baby spinach, silverbeet or kale
- ½ cup pasta



Directions

- 1) Prep the ingredients for cooking. Wash and finely chop the vegetables. Dice the potatoes. Drain the cannellini beans and set aside. Finely slice the bacon.
- 2) Heat 1 tbsp of oil in a large saucepan over a medium heat, add the bacon and fry gently for 2 minutes.
- 3) Add the onion, garlic, carrots, celery, courgette and leek and cook slowly for about 15 minutes until the vegetables have softened, stirring occasionally.
- 4) Add the potato, tinned tomatoes, cannellini beans, oregano and vegetables stock. Stir well breaking up the tomatoes with the back of a spoon if needed.
- 5) Cover with lid and bring everything to the boil. Reduce heat and simmer for about 30 minutes.
- 6) Meanwhile, remove and discard any tough stalks from the greens and roughly chop.
- 7) Using a rolling pin, bash the pasta into small pieces while it's still in the packet or wrap in a clean tea towel.
- 8) To check the potato is cooked pierce a chunk of it with a knife. If it pierces easily, it's ready.
- 9) Add the greens and pasta to the pan, and cook for a further 10 minutes, or until the pasta is al dente. This translates as 'to the tooth' and means that it should be soft enough to eat, but still have a bit of a bite and firmness to it. Try some just before the time is up to make sure you cook it perfectly.
- 10) Add the basil leaves (if using) and stir through. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholegrain bread, if you like. This recipe also tastes great with some pesto.
- 11) 6) Enjoy! Optional add a ½ bunch of fresh basil and parmesan cheese for garnishing 😊 😊

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