

Minestrone

An easy to make soup in winter time. Serve in bowls with Parmesan cheese on top and have with some nice crusty bread.

Ingredients:

Veggies and beans

2 onions, chopped finely
3 carrots, finely diced
3 stalks celery, finely chopped
2 large potatoes, peeled and cubed
2 zucchinis, diced
250g cabbage, roughly chopped
1 x 800g can diced tomatoes
1 x 400g can cannellini beans, drained

Alternate ingredients:

Peas, Broccoli, Basil, or Sweet Potato

Other ingredients

2 tablespoons olive oil
2 litres water
2 heaped teaspoons vegetable stock powder
¼ cup fresh rosemary, finely chopped
250g pasta, spiral or penne
3 flavoured sausages, such as pork and fennel (optional)
Salt and pepper to taste
Parmesan cheese for serving

Method:

1. Squeeze small amounts of meat out of the sausage skins so you have mini meatballs.
2. Heat the oil in a large soup pot.
3. Cook onion, stirring occasionally, then add the meatballs and cook till light brown.
4. Add the carrots, celery, potatoes, zucchini and cabbage and cook slowly for about 5 minutes.
5. Stir in the tomatoes, stock powder, rosemary, then pour in the water. Stir well.
6. Bring to the boil then reduce the heat and simmer for 30 minutes.
7. Add the pasta and cannellini beans, stir well and cook for a further 10 to 15 minutes.
8. Season to taste with salt and pepper.