

HOW TO MAKE

Hearty Minestrone Soup



INGREDIENTS

Tablespoon: tbsp

Teaspoon: tsp



2 tbsp
olive oil



1 zucchini



1 carrot



1 large potato



1 onion



1 tsp salt



2 garlic
cloves



2 big stalks
of celery



Half a sweet potato
(skin on)



1 cup small
pasta



1 tsp
pepper



2 stock cubes
and 1 litre water



1 can chopped
tomatoes



2 tbsp
tomato paste



Handful of fresh
herbs or 1 tsp
dried herbs



1 can
cannellini
beans

To serve:



Bread



Parmesan cheese

Indigenous additions and swaps

- Swap salt for saltbush flakes.
- Swap pepper for ground pepperberry.
- Add 1 tsp ground bush tomato.
- Swap Italian herbs for 1 tsp native thyme or bush basil.

Tips and variations

- You can use any vegetables in season – beans, squash, silverbeet, pumpkin, capsicum etc.
- Any small pasta works well.
- For a non-vegetarian version, add bacon for extra flavour.



Step 1: Prepare the vegetables

Chop the vegetables into even-sized pieces: 1 onion, 1 carrot, 1 zucchini, 1/2 sweet potato (skin on), 1 large potato, and 2 stalks of celery.



Step two: Cook the vegetables

In a large pot, add 2 tbsp of oil and the chopped vegetables. Fry for 5 minutes on low heat until soft and lightly browned. Keep stirring so they don't stick to the bottom, then add 2 garlic cloves and cook for another minute.



Step 3: Add the soup base and simmer

Add 2 stock cubes (dissolved in 1 litre of boiling water), 1 can of chopped tomatoes, 2 tbsp tomato paste, a handful of fresh herbs or 1 tsp dried Italian herb mix, 1 tsp salt and 1 tsp pepper, then cook the soup on low heat for 20 minutes.



Step 4: Add the pasta

Add 1 cup of dried pasta and cook on medium heat for another 10 minutes.



Step 5: Add the beans and finish the soup

Add one can of cannellini beans and cook on a low heat for another 10 minutes until the pasta is cooked. If the soup looks too thick, add another 2 cups of water.



Step 6: Serve

Serve with grated parmesan cheese on top and bread.

Enjoy!