

Chunky Minestrone Soup | linked from PDF tab on main page

Now that winter is upon us once again, I thought it was time to pull out one of my favorite winter recipes; Minestrone Soup. This soup always takes me back to my childhood, while sledding in the farm out behind my grammas house. There is nothing like a hot & hearty soup to warm up with during the frigid winter temperatures.

Serves 4 (easily doubled)

Prep 10-15 mins

Cook 30 mins

Vegetarian, Low-fat, Super healthy

Fiber, good source of iron, folic acid

Ingredients

3 large carrots, roughly chopped

1 large onion, roughly chopped

4 celery sticks, roughly chopped

1 tbsp olive oil

2 garlic cloves, crushed

2 large potatoes, cut into small dice

2 tbsp tomato purée

2L vegetable stock

400g can chopped tomatoes

400g can butter or cannellini beans

140g spaghetti, snapped into short lengths

1/2 head Savoy cabbage, shredded

Crusty bread, to serve

Method

1. In a food processor, pulse the carrots, onion and celery into small pieces. (a good sharp knife also does the job)
2. Heat the oil in a pan; add the processed (chopped) vegetables, garlic and potatoes, then cook over a high heat for 5 mins until softened.
3. Stir in the tomato purée, stock and tomatoes. Bring to the boil, turn down the heat and simmer, covered, for 10 mins.
4. Tip in the beans and pasta, then cook for a further 10 mins, adding the cabbage for the final 2 mins. Season to taste and serve with crusty bread.

