

CASSIE'S MINESTRONE

INGREDIENTS

1 x Brown Onion
3-4 Sticks of celery
3 x Potatoes
3 x Carrots
2 x Zucchini's
1 x Broccoli
3 x 400g tin of passata (can also use crushed tomato's)
6 x Cups veg stock (low salt)
1 x Tin red kidney beans (can also use Cannellini beans, but I find they get a bit mushy)
1 x Packet of good quality small pasta like macaroni (Decco is best – but in times like this, beggars can't be choosers, I used spirals yesterday)
Parmesan cheese + rind



METHOD

1. Dice Onion & Celery small
2. Dice all other Veggies 1cm
3. Heat olive oil in large soup pot & cook off celery & onion
4. Add carrots & potato and cook for 5 mins (add more oil if needed)
5. Add tinned tomato, veg stock & kidney beans (*NOTE* – I usually wash out the tins with water and add to the soup, the more liquid the better as lots gets absorbed)
6. Add in your parmesan cheese rind - this adds SOOOOO much flavour. Also season with pepper (don't add salt)
7. Bring to boil, then simmer until veggies are soft
8. **IMPORTANT** – Cook pasta separately as it will take up too much of your soup liquid and generally overcook in soup. Cook till 'just' under cooked
9. Once veggies are soft, add zucchini & broccoli and cook until just soft
10. Add pasta and serve immediately with pepper and LOADS of parmesan cheese (
11. I recommend cooling the soup in the fridge asap otherwise the pasta continues to cook, this is why it's best to slightly under cook it initially, I still have not perfected this, but I'm working on it!!!

This makes a HUGE pot of soup!!! If you want a smaller one, simply decrease the portions. You can add things like bacon, other root veggies, kale, cabbage etc.... But this is the version I have come up with after adapting a few over the years – You WON'T be disappointed.

If you find you don't have enough liquid when re-heating simply add more stock, water etc...

Buon Appetito!