



# MINESTRONE

<b>Season:</b>	autumn/winter
<b>From the garden:</b>	fresh greens, carrots
<b>Type:</b>	soup
<b>Difficulty:</b>	easy
<b>Serves:</b>	8 adults / 16 tastes in the classroom
<b>Recipe source:</b>	<i>Stephanie Alexander</i>

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## Ingredients:

- 200g dried white haricot beans, soaked overnight (or 2 tins)
- 2 onions (or leeks)
- 3 cloves garlic
- 2 large carrots
- 3 sticks celery
- 2 potatoes
- ¼ cup olive oil
- 2 bay leaves
- 1 tin chopped tomatoes
- 1 t dried oregano (or basil)
- 2 T vegetable stock + 2 litres water
- Salt & freshly ground pepper
- 150g dried pasta (any will do – break up spaghetti if using that)
- Grated cheese to serve

## Selection of greens, such as:

- Cabbage (approx ¼, sliced )
- Bunch silver beet or kale, sliced
- Bunch of parsley, finely chopped

## Equipment:

- Big soup pot
  - Chopping boards
  - Knives
  - Peelers
  - Wooden spoon
  - Ladle
  - Grater
  - Colander
  - Soup bowls to serve
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## How to make it:

- Prepare the beans:  
Place the beans in a large bowl or pot, cover generously with water and soak overnight.
- Once soaked, drain and rinse the beans. Place in a large pot and cover generously with water. Bring to the boil, cover, then reduce the heat and simmer until tender (around one hour). Remove from the heat and leave the cooked beans to cool in the cooking water.

While the beans are cooking:

3. Prepare the vegetables: Peel and chop the onions (or leeks), garlic, potatoes and carrots into small pieces. Chop the celery.
4. Heat the oil gently in a large pot over a medium heat, then add the onion and garlic and a bay leaf. Cook gently until the onion has softened (around 5 minutes).
5. Add the garlic, carrots, celery and potatoes and cook for a further 10 minutes, stirring regularly.
6. Add the chopped tomatoes, water, cooked beans, vegetable stock powder and dried herbs. Bring to the boil, cover the pot with the lid and cook at a gentle simmer for 15 minutes.
7. Chop the leafy greens (eg cabbage and silver beet) and add to the pot. Also add pasta and simmer for another 15-20 minutes.
8. Taste for seasoning and, if required, add salt and freshly ground pepper.
9. Serve with grated cheese, chopped parsley, squeeze of lemon and a drizzle of olive oil.

### Notes:

- 🍴 This soup can be made with any combination of vegetables you have – eg in winter, use silverbeet, kale, cabbage, etc. In summer & autumn, you can use zucchini and green beans (add them near the end as they need less cooking).
- 🍴 Slowly sautéing the vegetables at the start in olive oil (onions, leeks, garlic, carrots, celery, bay leaf) gives the soup an amazing flavour base so allow lots of time for that stage.
- 🍴 The soup should be nice and thick with all the ingredients – don't serve it too watery. Make extra for the next day as it tastes even better then!