

Minestrone Soup

Bialik College Kitchen Garden Program



Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 2 sticks celery, diced
- 2 large carrots, diced
- 2 zucchini, diced
- 2 potatoes, diced
- 5 cups vegetable stock
- 400g can diced tomatoes
- 400g canned cannellini beans
- 400g canned lentils
- small bunch of parsley, chopped
- salt/pepper

Equipment:

- 1 large saucepan
- cook's knife
- chopping board
- peeler
- metric measuring cups/spoons
- colander
- grater

Method:

1. Prepare all ingredients as stated above.
2. Heat olive oil in a large saucepan over medium heat.
Add onions and garlic, let them sweat and soften without colouring for 5 minutes.
3. Add the carrots and celery and cook for 5 minutes.
4. Add zucchini and potatoes, stir and cook for 2 minutes.
5. Add vegetable stock and can of tomatoes to the pot. Let it simmer for 30 minutes.
6. Drain and rinse cannellini beans and lentils. Add to Minestrone and cook for 5 minutes.
7. Taste soup and add salt/pepper to taste and parsley.