

Minestrone Soup

Bialik College Kitchen Garden Program



Equipment:

- bowls, 1 medium, 1 large
- colander
- 1 saucepan, large
- chopping board
- knife
- peeler
- measuring cups & spoons
- ladle
- grater

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 1 onion, chopped
- 2 large carrots, diced
- 2 sticks celery, diced
- 5 cups chicken stock
- parmesan rind
- 400g can diced tomatoes
- 400g can cannellini beans
- 6 tablespoons parsley
- salt/pepper
- 150g parmesan, grated

Method:

1. Heat olive oil in a large saucepan over medium heat. Add onions and garlic, let them sweat and soften without colouring for 3 minutes.
2. Open can of cannellini beans, drain and rinse well.
3. Add the carrots and celery and cook for 5 minutes.
4. Add parmesan rind, chicken stock, can of tomatoes and cannellini beans to the pot. Let it simmer for 30 minutes.
5. Chop parsley and set aside. Grate parmesan and place in a serving bowl.
6. Taste soup and add salt/pepper and parsley.
7. To serve, ladle soup into serving bowls, top each with a bit of grated parmesan and a drizzle of oil.