

Harvest Minestrone Soup

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 tablespoons Olive oil
- 2 cloves garlic, minced
- 1 brown onion, peeled and finely chopped
- 2 sticks of celery, diced
- 2 large carrots, peeled and diced
- 2 potatoes, peeled and diced
- 2 cups of seasonal vegetables (*see ideas below*), diced
- 5 cups vegetable or chicken stock
- 400g can diced tomatoes
- 400g can of cannellini beans, drained and rinsed
- 400g can of lentils, drained and rinsed
- Small bunch of parsley, chopped
- Salt/pepper, to taste
- SEASONAL VEGETABLES (WINTER):**
pumpkin, sweet potato, fennel, silverbeet, spinach, parsnip, cabbage, leek, cauliflower.

Equipment:

- 1 large saucepan or stockpot
- Metric measuring cups, spoons, jug
- Cook's knife
- Chopping board
- Peeler
- 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, stir and cook for 5 minutes.
4. Add potatoes and any other hard seasonal vegetables, stir and cook for 5 minutes.
5. Add stock and diced tomatoes to the pot. Let it simmer on low heat for 30 minutes.
6. Add beans, lentils and any shredded leafy greens (if using). Cook for 5-10 minutes.
7. Taste soup and season with salt and pepper. Add parsley to serve.
8. You may wish to add some cooked pastina or garnish your soup with grated parmesan or crispy baked croutons. Enjoy!