

Chunky Minestrone

This Italian classic is a meal in a bowl. It all starts with the essential combo of onions, celery, and carrots but then you can choose whatever pasta shapes you have to hand and add in any other veg that you fancy. For an indulgent treat top with grated cheese before serving.

Ingredients:

2 large carrots
 1 large onion
2 sticks celery
 1 large potato
 1 clove garlic
 1 tbsp. oil
 1 tbsp. tomato puree
1 vegetable stock cube
 1 tsp mixed dried herbs
 200g chopped tomatoes
 200g butter beans or
 cannellini beans
 200g tinned garden peas or
 green beans
70g spaghetti

Equipment:

Sharp Knife
 Chopping Board
 Mixing bowls
 Whisk
 Grater
 Frying Pan
 Spatula

**ALLERGENS HIGHLIGHTED IN
 BOLD**

Instructions:

1. Finely chop the onions, carrots, celery and garlic
2. Peel the potato and cut into 1cm cubes
3. Heat the oil in the pan over and add the onions, garlic, celery, and garlic. Fry until the onion is soft and translucent
4. Add the potato and cook for a further 4 - 5 mins or until it starts to brown a little
5. Add the tomato puree, stock cube and mixed herbs to the pan, cook for 2 minutes. Stir regularly to prevent burning
6. Add the chopped tomatoes, beans and 1 litre cold water
7. Cover the pan, bring to the boil and simmer for 10 minutes
8. Break the spaghetti into 2 - 3 cm pieces (or whatever shape you are using) and add to the pan. Cook for a further 8 - 10 minutes or until the pasta is soft
9. Finally, add in the peas or beans and warm through before serving

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