

Minestrone soup

Ingredients

2 tbsp olive oil (or vegetable oil)
 1 onion
 50g streaky bacon (about 2 rashers)
 1 small carrot
 1 stick celery
 1 garlic clove
 400g tin chopped tomato
 1 vegetable stock cube
 small can beans (haricot/cannellini or borlotti)
 25g spaghetti



Aim Higher

Make your soup more interesting by adding one or two of the following ingredients:

50g green beans
 50g peas
 50g cabbage or kale
 50g broad beans
 1 small courgette
 1 tsp mixed herbs

Equipment

All equipment is provided by school

REMEMBER TO BRING A CONTAINER WITH TIGHT FITTING LID TO TAKE SOUP HOME IN

Method:

1. Peel and chop the onion. Cut the bacon into small pieces using scissors.
2. Heat the oil in a large saucepan and gently cook the bacon and onion for 5 minutes to soften the onion
3. Prepare the remaining vegetables:
 - Peel and dice the carrots
 - Wash and chop the celery
 - Peel and finely chop the garlic clove
 - Chop the green beans/courgette/cabbage/kale
 - Snap the spaghetti into short lengths
4. Add the carrots, celery and garlic to the pan and cook for a few minutes.
5. Dissolve the stock cube in 500ml of hot water, add to the pan with the tinned tomatoes and bring to the boil. Reduce heat and simmer for 10 minutes.
6. Add the spaghetti and simmer for 5 minutes.
7. Drain and rinse the tinned beans and add to the pan with any optional ingredients and cook for a further 5 minutes.