
Hearty Minestrone Soup

Brett Stewart

This recipe is from the Trinity Year 10 Hospitality 'Healthy Cooking' course — it should be fairly failsafe!

INGREDIENTS

- ½ medium brown onion, diced
- ½ clove garlic, crushed
- ½ cup crushed tomatoes
 - ½ carrot, peeled and diced
- ½ stick celery, diced
 - ¼ parsnip, peeled and diced
- ⅓ zucchini, diced
 - ½ tablespoon tomato paste
- 1 bay leaf
- 3 cups beef stock
- 1 cup water
- ¼ cup small pasta
- ½ cup sliced cabbage
- ⅓ cup four bean mix, rinsed and drained

Prepare all the ingredients.

Cook onion and garlic in a large pot with the water until onion is translucent (2 to 3 minutes).

Add tomato, carrot, celery, parsnip, tomato paste, bay leaf and beef stock.

Bring to the boil, add the pasta and zucchini, simmer for 10 minutes or until tender then add beans.

Cook for a further 1 to 2 minutes.

Season with salt and pepper, serve topped with parmesan cheese and bread

