



# Minestrone Soup

Serves 8

A taste of Harvest in a bowl – all those lovely Autumnal vegetables coming together to bring a pleasure of taste and a pack of nutrition as well! Here's to tasty good health!

Nutritional information per serving :

| calories | fat  | saturates | sugars | salt  |
|----------|------|-----------|--------|-------|
| 175 Cal  | 2.4g | 0.5g      | 8.9g   | 0.24g |
| 9%       | 3%   | 3%        | 10%    | 4%    |

Of an adults daily reference intake

## Equipment

- Apron
- Non slip mat or tea towel
- Vegetable Chopping Board
- Sharp Knife
- Garlic Press
- Peeler
- Large Bowl
- Small Bowl
- Kitchen Scissors
- Can opener
- Colander
- Measuring Spoons
- Measuring Jug
- Kettle
- Kitchen Scales
- Rolling Pin
- Zip lock bag or tea towel
- Grater
- Large Saucepan
- Hob
- Wooden Spoon
- Ladle
- Serving Bowls

## Ingredients

- 1 clove of garlic
- 1 red onion
- 2 carrots
- 2 sticks of celery
- 1 courgette
- 1 small leek
- 1 large potato
- 1 x 400 g tin of cannellini beans
- 2 rashers of higher-welfare smoked streaky bacon
- olive oil
- ½ teaspoon dried oregano
- 1 fresh bay leaf
- 2 x 400 g tins of plum tomatoes
- 1 litre organic vegetable stock
- 1 large seasonal greens, such as savoy cabbage, curly kale, chard
- 100 g whole meal pasta
- ½ a bunch of fresh basil , optional
- Parmesan cheese

## Nutrients

Tomatoes have something called lycopene and these may help prevent certain cancers. Interestingly there is more lycopene in canned tomatoes than there are in fresh ones – it appears that the processing of the tomatoes intensifies the lycopene. Tomatoes are also high in vitamins such as A ; C and K. They also have lots of minerals.

Garlic, onions and leeks all have anti-inflammatory properties and help with healing.





Cannellini Beans are a great source of protein and fibre. Cannellini beans also provide a stable source of energy for your body throughout the day as it digests more slowly and therefore releases the sugars into your blood in a gradual rate for a more balanced sugar level.

Seasonal greens such as curly kale, savoy cabbage or swiss chard provide lots of Vitamin K which is important for our hearts, bones and kidneys.

## Method

1. Peel and finely chop the garlic and onion. Trim and roughly chop the carrots, celery and courgette, then add the vegetables to a large bowl.
2. Cut the ends off the leek, quarter it lengthways, wash it under running water, then cut into 1cm slices. Add to the bowl.
3. Scrub and dice the potato. Drain the cannellini beans, then set aside.  
Finely slice the bacon.
4. Heat 2 tablespoons of oil in a large saucepan over a medium heat. Add the bacon and fry gently for 2 minutes, or until golden.
5. Add the garlic, onion, carrots, celery, courgette, leek, oregano and bay and cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally.
6. Add the potato, cannellini beans and plum tomatoes, then pour in the vegetable stock. Stir well, breaking up the tomatoes with the back of a spoon.
7. Cover with a lid and bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through.
8. Meanwhile, remove and discard any tough stalks bits from the greens, then roughly chop.
9. Using a rolling pin, bash the pasta into pieces while it's still in the packet or wrap in a clean tea towel.
10. To check the potato is cooked, pierce a chunk of it with a sharp knife – if it pierces easily, it's done. Add the greens and pasta to the pan, and cook for a further 10 minutes, or until the pasta is al dente. This translates as 'to the tooth' and means that it should be soft enough to eat, but still have a bit of a bite and firmness to it. Try some just before the time is up to make sure you cook it perfectly.
11. Add a splash more stock or water to loosen, if needed.
12. Pick over the basil leaves (if using) and stir through. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of whole meal bread, if you like.

Based on Jamie Oliver Recipe: <http://www.jamieoliver.com/recipes/vegetables-recipes/minestrone-soup/>

| Carbohydrates - Gives us energy  | Protein - Builds our bodies   | Good Fats in small quantities - Keeps our bodies working                             | Fibre - Sweeps our tummies  |
|--|---|--|---|
|   |  |  |  |
| <p><b>Allergens:</b><br/>           Celery ; Cereals (Gluten) ; Wheat ; Milk<br/>           Presence of allergens can vary by brand – always check product labels.</p> |   |  |   |