Together We Cook

Chunky Minestrone Soup

Equipment
Chopping board
Chopping board for raw bacon
Sharp knife
Garlic crusher
Vegetable peeler
1 large saucepan
Heat resistant spatula
Can opener
Colander
Measuring spoons
Measuring jug

Ingredients (serves 2)

¼ green cabbage
1 onion
1 clove garlic
1 rasher of bacon
1 carrot
1 stick of celery (optional) (**pollen**)
1 can cannellini beans
1 stock cube and 800ml boiling water (**wheat**)
1 x 400g chopped tomatoes
1 x 5ml teaspoon dried mixed herbs
25g dried pasta shapes eg shells **(wheat)**
black pepper
fresh basil leaves

Method

1. Chop the bacon into pieces and place in the large pan.
2. Prepare the vegetables into small pieces on your chopping board
    - peel and dice the onion
    - peel and crush the garlic
    - peel and dice the carrot
    - chop the celery into small pieces
    - chop the cabbage into thin slices
3. Open and drain the beans.
4. Heat the pan with the bacon gently until the fat melts.
5. Add the onion, garlic, carrot and celery to the oil, stir with a heat proof spatula for 5 minutes till soft but not burnt.
6. Add the tomatoes, mixed herbs and stock cube mixed with boiling water and mix all the ingredients together. Bring up to the boil and add the pasta. Simmer for 10-15 minutes until the pasta is tender.
7. Add the cabbage and stir through your soup for the final 2 minutes.
8. Serve in large bowls and sprinkle with the basil leaves.

	Serving Ideas Sprinkle with a tablespoon of grated parmesan cheese. Heat then pour into a large flask to eat on the go.
	Variations The soup is delicious without bacon and you can add more beans. Add some chopped potatoes or parsnips with the carrots for a different flavour.
	Leftovers Reheat your soup until very hot. Cool then freeze in a labelled box or bag and place in the freezer ready for another day. Defrost in the fridge for 3-4 hours, then reheat.