



Minestrone Soup

What to collect

Ingredients	Equipment
2 tablespoons olive oil	bowls - 1 medium, 1 large
2 cloves garlic, finely chopped	colander
1 onion, finely diced	1 saucepan - large
2 large carrots, finely diced	chopping board
2 sticks celery, finely diced	knives - 1 large, 1 small
5 cups vegetable stock	peeler
parmesan rind	measuring spoons and cups
400g canned diced tomatoes	ladle
400g canned cannellini beans	
1/4 cup parsley, leaves only, roughly chopped	
salt/pepper	
150g parmesan, grated	

What to do

1. Heat olive oil in large saucepan over a medium heat. Add onions and garlic, let them sweat and soften without colouring for three minutes.
2. Add the carrots & celery and cook for five minutes.
3. Add parmesan rind, vegetable stock, canned tomatoes and drained cannellini beans to the pot. Let it simmer for 30mins.
4. Wash, dry and finely chop parsley and set aside.
5. Grate parmesan and place in a small serving bowl.
6. Taste soup and add salt/pepper to taste.
7. To serve, ladle soup into serving bowls, top each with a bit of grated parmesan and parsley.