



MINISTRONE SOUP

SERVES 8 | 1 HOUR 20 MINUTES

Hearty and nutritious, minestrone soup is a tasty crowd-pleaser and is super easy to tweak according to the vegetables you have in the house. Parmesan is a great seasoning and, when used carefully, it's a good source of calcium, which we need to maintain strong and healthy bones.

JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to jamiesfoodrevolution.org and celebrate the power of fresh, healthy, real food.

INGREDIENTS

1 clove of garlic
1 red onion
2 carrots
2 sticks of celery
1 courgette
1 small leek
1 large potato
1 x 400g tin of cannellini beans
2 rashers of higher-welfare smoked streaky bacon
olive oil
½ teaspoon dried oregano

1 fresh bay leaf
2 x 400g tins plum tomatoes
1 litre organic vegetable stock
1 large handful of seasonal greens, such as savoy cabbage, curly kale, chard
100g wholemeal pasta
optional: ½ a bunch of fresh basil
Parmesan cheese

EQUIPMENT

2 chopping boards
2 knives
Large bowl
Tin opener
Colander or sieve
Large saucepan with lid
Wooden spoon
Measuring spoons
Measuring jug
Rolling pin
Fine grater

MINISTRONE SOUP

- 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.
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- 2** Cut the ends off the leek, quarter it lengthways, wash it under running water, then cut into 1cm slices. Add to the bowl.
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- 3** Scrub and dice the potato. Drain the cannellini beans, then set aside.
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- 4** Finely slice the bacon.
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- 5** 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.
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- 6** 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.
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- 7** 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.
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- 8** Cover with a lid and bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through. Meanwhile...
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- 9** Remove and discard any tough stalks bits from the greens, then roughly chop.
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- 10** Using a rolling pin, bash the pasta into pieces while it's still in the packet or wrap in a clean tea towel.
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- 11** 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.
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- 12** Add a splash more stock or water to loosen, if needed.
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- 13** 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 wholemeal bread, if you like.

NOTES

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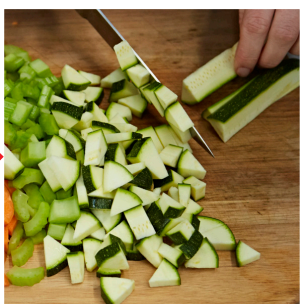
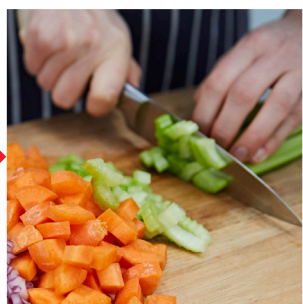
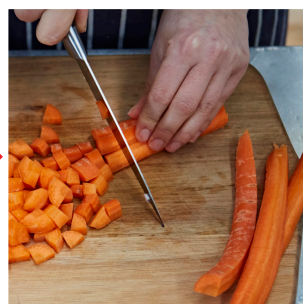
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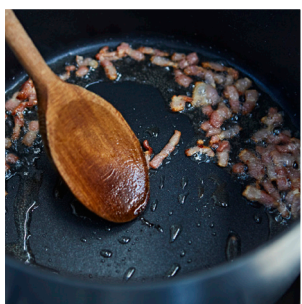
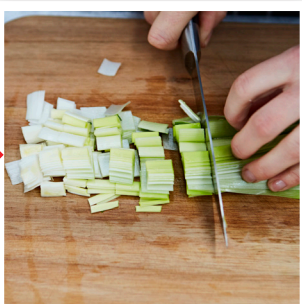
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STEP-BY-STEP

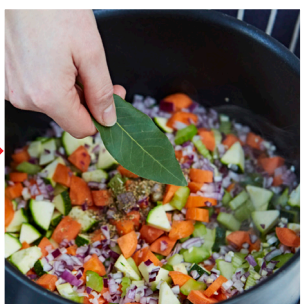
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STEP-BY-STEP

