

St. Paul's Cooking Class Crew

Minestrone Soup recipe

Serves approx. 6-8

Ingredients:

Amounts are rough estimate – add or take away to your own taste.

- Tinned tomatoes (x3)
- Tomato puree (1 tube)
- Tinned butterbeans (1 or 2)
- Sweet potato (x3)
- Medium onions (x4)
- Savoy cabbage (half of)
- Large carrots (6-8)
- Red Peppers (x3)
- Garlic (1/2 bulb)
- Basil (amount to suit taste)
- Spaghetti (half a pack broken into 2inch lengths)
- Vegetable Bouillon (see pack)

Method:

1. Chop equal weights of all vegetables and grate the garlic (amount of garlic depends on your individual taste).
2. Fry onions for a few minutes in a large pot.
3. Add all the vegetables except the cabbage (make sure there is room at the top of the pot for adding spaghetti and cabbage later).
4. Add tinned tomatoes to cover half the veg.
5. Add tomato puree to your taste.
6. Add the garlic and butter beans.
7. Make up the rest of the pot with veg stock and bring to the boil, stirring continuously.
8. Turn down to a simmer.

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9. Break the spaghetti up to desired length and add required amount
10. Add the cabbage.
11. Simmer until it's all cooked.
12. Add basil at the end and serve.