



# Chunky Minestrone Soup

## In the bag:

- Onion
- Celery
- Carrot
- Garlic
- Seasonal vegetables
- Stock cube/s
- Rice
- Tin of tomatoes
- Herb bag
- Tin of butter beans

## You'll also need:

- Medium sized soup pan
- Chopping board
- Sharp knife
- Wooden spoon or spatula
  
- 1 tbs. vegetable oil
- 400ml water

## Method:

- Wash all of the vegetables
- Slice or dice the **onion**, **celery**, and **carrot** and finely dice the **garlic**
- Heat a little oil in a large pan over a medium heat and add the **onion**, cook for 2 minutes, stirring all the time
- Add the **celery** and **carrot** and cook for four minutes more, add the **garlic** and cook for a further minute
- Add the **rest of the vegetables** to the pan, stir and cook for one minute
- Sprinkle in the **stock cube/s** and mix in the rice
- Then add the tin of **tomatoes** plus two tins worth of water and the **herb bag**
- Bring the mixture up to a bubble before turning down to simmer for 10 minutes
- Add the **butter beans** (don't drain and add water too) and cook for a further five minutes

## More about your Chunky Minestrone Soup

You can use any vegetables you like in this minestrone. It is a wonderful soup for using up vegetables, or small amounts of pasta, rice or pulses. You could also put meat in your soup. Add diced bacon or chorizo at the beginning along with the onions

Things you could add to your minestrone include: baked croutons, grated cheese and fresh herbs. Or you could stir in a spoonful of crème fraiche just before serving

## This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **pipng hot** all the way through

#TakeAndMake  
#AtLeastFiveADay  
#LoveFoodHateWaste

## Want to make it again? You'll need to buy:

- 1 medium onion
- 3 cloves of garlic
- 1 stick of celery
- 1 carrot
- Some seasonal vegetables\*
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 80g short grain rice
- 1 tin chopped tomatoes
- 1 tin butter beans
- 1 tsp. mixed herbs
- 5 bay leaves

\*Everyone makes minestrone differently, with whatever vegetables are in season. Minestrone made in the Mediterranean would be very different to one made in Russia. Even travelling around Italy, there are at least 10 classic minestrone recipes to try

#SpiceNotSalt  
#CookOnceEatTwice  
#CommunityCooking