

Minestrone soup

BBC
RADIO



By Mary Contini

Ingredients

2 tablespoons extra virgin olive oil
1 clove garlic, peeled
1 onion, finely chopped
[2 rashers chopped smoked pancetta or bacon - optional]
2 carrots, chopped
1 stalk celery, peeled and chopped
2 potatoes, diced
1 courgette, chopped
2 plum tomatoes (tinned or fresh), chopped
2 handfuls fresh borlotti beans or 1 can borlotti beans, rinsed
100g cabbage, roughly chopped
Sprig fresh thyme and 1 bay leaf
Approx 1 litre hot water
Sea salt and black pepper
Small handful of fresh basil leaves
2 handfuls ditalini or broken pasta
Freshly grated parmigiano cheese
A piece of parmesan or parmigiano skin (to season)
[Pesto to season – optional]



Prep Time: 20 mins
Cooking Time: 1.5 – 2 hours
Serves: 4-6

Method

1. Warm the olive oil and sauté the garlic and onion until soft.
2. [Add chopped bacon and brown.]
3. Add the celery and carrots to soften and then the potatoes and courgette.
4. Add the tomatoes, cabbage, borlotti beans and herbs.
5. Once softened add 1 litre boiling water.
6. Simmer for 1.5 - 2 hours with the skin of the parmigiano cheese to season instead of stock cubes.
7. Check seasoning - add sea salt, pepper and pesto if desired.
8. Add basil leaves, pasta and some more water then cook for 10 minutes.
9. Serve with grated parmigiano and some finely chopped parsley.