



## Chunky Minestrone Soup

This Italian classic is a meal in a bowl. It all starts with the essential combo of onions, celery and carrots but then you can choose whatever pasta shapes you have to hand and add in any other veg that you fancy. For an indulgent treat top with grated cheese before serving.

### Ingredients:

2 large carrots  
 1 large onion  
**2 sticks celery**  
 1 large potato  
 1 clove garlic  
 1 tbsp. oil  
 1 tbsp. tomato puree  
**1 vegetable stock cube**  
 1 tsp mixed dried herbs  
 200g chopped tomatoes  
 200g butter beans or cannellini beans  
 200g tinned garden peas or green beans  
 70g spaghetti

### Equipment:

Sharp Knife  
 Chopping Board  
 Mixing bowls  
 Whisk  
 Grater  
 Frying Pan  
 Spatula

### Instructions:

1. Finely chop the onions, carrots, celery and garlic
2. Peel the potato and cut into 1cm cubes
3. Heat the oil in the pan over and add the vegetables. Fry until the onion is soft and translucent
4. Add the tomato puree, stock cube and mixed herbs to the pan, cook for 2 minutes. Stir regularly to prevent burning
5. Add the chopped tomatoes, beans and 1 litre cold water
6. Cover the pan, bring to the boil and simmer for 10 minutes
7. Break the spaghetti into 2 – 3 cm pieces (or whatever shape you are using) and add to the pan. Cook for a further 8 – 10 minutes or until the pasta is soft.

Skills used:

Measuring, chopping, grating, frying and serving

**ALLERGENS HIGHLIGHTED IN BOLD**