

# Minestrone Soup

**Serves:** 10

**Prep time:** 20 minutes

**Cook time:** 40 minutes



3 serves per portion

## Ingredients

2 medium brown onions  
2 carrots  
3 celery stalks  
¼ butternut pumpkin  
3 cloves garlic, crushed  
2 teaspoons smoked paprika  
Olive oil, to drizzle  
2L vegetable stock, salt reduced  
400g can crushed tomatoes  
400g can borlotti beans, drained and rinsed  
300g dried pasta  
200g frozen spinach  
200g peas OR broad beans, frozen  
Cracked black pepper  
Parmesan, grated (to serve)  
*Croutons (optional):*  
½ loaf ciabatta or stale bread  
Pepper, to taste  
Parmesan, grated  
Extra virgin olive oil

## Method

DICE the onions, carrots, celery and pumpkin into 1cm pieces and place into soup pot. Add garlic, paprika and a drizzle of olive oil.

FRY over medium heat for 10 minutes, stirring occasionally.

ADD vegetable stock, tomatoes and beans. Bring to the boil and then simmer for 15 minutes.

ADD frozen spinach, peas and pasta and simmer for a further 15 minutes until the pasta is cooked.

SERVE with cracked pepper, grated parmesan and crusty croutons.

*Croutons (optional):*

PREHEAT oven to 180°C.

TEAR bread into chunks and top with pepper, parmesan and a drizzle of olive oil.

BAKE for 20-25 minutes, or until golden and crispy.



Everyday Food

*Recipe courtesy of the Country Kitchens team*