



MINISTRONE SOUP

Minestrone is a hearty Italian soup made with a variety of fresh vegetables. Ingredients often used include beans, celery, onions, stock and tomatoes, but you can use veggies you have on hand. Lentils, pasta or rice can also be added to thicken the soup.

INGREDIENTS

SERVES 8 - 10

2 onions, chopped
 1 - 2 cloves of garlic, crushed
 2 - 3 celery stalks with leaves, sliced
 3 medium carrots, finely diced
 125 g (250 ml) butternut, finely diced
 2 medium potatoes, peeled and finely diced
 2 litres of vegetable or chicken stock
 2 bay leaves
 15 - 20 ml dried mixed herbs
 1 tin (400 g) chopped tomatoes
 20 ml tomato paste
 3 baby marrows, finely diced
 12 - 15 baby corn, diagonally sliced (optional)
 ½ each medium cauliflower and broccoli, cut into florets
 10 ml sugar
 10 ml lemon juice
 salt and freshly ground black pepper to taste
 50 - 60 g (100 - 125 ml) parmesan or cheddar cheese, finely grated

METHOD

1. Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm reaches the first red area.
2. Sauté onions, garlic and celery until tender. Add carrots, butternut and potatoes and sauté for another 5 minutes.
3. Add stock and rest of ingredients, except broccoli, seasoning and cheese. Simmer with lid on over a low heat for 20 minutes. The soup will boil when Visiotherm is between 12 - 2 o'clock position. Add broccoli and simmer for 10 minutes or until all the vegetables are cooked, but not mushy. Add sugar and juice, and season. Serve with cheese.

TIPS & VARIATIONS:

- Use the same vegetables but grate carrots, butternut, potatoes and baby marrows coarsely. Add 250 ml red lentils, together with stock and rest of ingredients and follow recipe. Add spinach leaves, thinly sliced, at the end if preferred.
- Add 5 ml ground cumin and 2,5 ml paprika when sautéing onions to give a different flavour.
- Add 125 ml uncooked rice, pearled wheat rice, brown rice or small pasta shapes to stock. This will result in a heartier soup.
- 1 tin of chickpeas or butter beans can also be added.
- Add 125 g bacon, fried and chopped or 2 - 3 spicy sausages, sliced and 125 ml frozen peas for extra flavour.