

Minestrone Soup

Makes a 4-litre pot, about 10 portions, adjust accordingly.
It freezes really well.

Ingredients

1 large onion
4 cloves of garlic
2 leeks
½ celery head
4 medium carrots
1 large red/yellow pepper
a handful of fresh / frozen whole green beans
tinned beans (such a three-bean salad)
3 tins of good quality chopped tomatoes
approx. two handfuls of spaghetti, broken up, gluten free if you wish

In my opinion, the joy of this soup, as well as the Italian flavour, is the many and varied ingredients. Put in as many as you like!

I aim to have equal quantities of the above, cut into 5mm pieces.

You can vary the proportions to suit your taste.

Herbs and Spices:

ground black pepper ½ tsp
grated nutmeg a pinch
turmeric powder a pinch
mild paprika a pinch
Italian Style dried herbs or basil, thyme, marjoram, 1 tsp

A generous handful of fresh basil leaves

5 Kallo organic vegetable stock cubes

Method

Fry the onion, garlic pepper celery, leek, and black pepper in about a tablespoon of olive oil, until beginning to brown nicely.

Add the remaining vegetables, and water to ¾ fill the pan.

Add the stock cubes and the remaining herbs and spices.

Simmer for 35 minutes until the vegetables are soft.