

SCMS Kitchen Team / Recipe of the Month



Classic Italian Minestrone Soup

Prep Time: 30 minutes
Cook Time: 1 hour, 30 minutes
Total Time: 2 hours

Serves: 6

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Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 150 g pancetta, finely chopped
- 60 g tomato paste
- 800 g tin crushed tomatoes
- 2 cups chicken stock
- 2 cups water
- 400 g tin of cannelloni beans, drained
- 2 tbsp sage, chopped
- 1 tbsp rosemary, chopped
- 2 bay leaves
- 1 teaspoon each of salt and black pepper
- 120 g small pasta shapes (e.g. mini macaroni)
- ¼ cup parmesan cheese, grated



Minestrone vegetables

- 2 carrots, diced into 1 cm pieces
- 2 celery stalks, cut into 1 cm pieces
- 2 potatoes, diced into 1 cm pieces
- 1 red capsicum, diced into 1 cm pieces
- 1 zucchini, diced into 1 cm pieces
- 100 g green beans, cut into 1 cm lengths
- 60 g baby spinach or silver beet, chopped

For serving

- parmesan, grated
- parsley, chopped
- crusty bread for dipping

Method

- 1) Prep all the vegetables to the required sizes and keep separate.
- 2) Heat the olive oil in a large heavy pot on medium heat.
- 3) Add the garlic and onion and cook until the onion is translucent, about 3-4 minutes. Do not allow the garlic to go brown.
- 4) Add the pancetta to the pot and cook for about 2 minutes until starting to turn golden. Then add the tomato paste and cook for 1 minute.
- 5) Add the carrot, celery, capsicum and potato and cook for another minute.
- 6) Add the crushed tomatoes, chicken stock, water, cannelloni beans and the herbs, then season with salt and pepper.

- 7) Bring to a simmer and then add the lid. Adjust the heat so the liquid is just simmering gently. Continue to simmer for 30 minutes then add the zucchini and green beans and simmer for another 30 minutes. Add more water if needed.
- 8) Meanwhile, cook the pasta in salted water for the time indicated on the packet less 1 ½ minutes. Drain pasta and add to the soup and simmer for another 5 minutes.
- 9) Remove the pot from the stove and stir in the parmesan and the baby spinach. Taste and adjust as necessary with salt and pepper.
- 10) Serve garnished with extra parmesan and a sprinkle of parsley and some warm, crusty bread on the side.

Recipe Notes

If you have saved an old parmesan rind, add this to the soup when cooking to deepen the flavour. Remove before serving.

If you can't get pancetta, use streaky bacon instead.

If you're using silver beet, add this 10 minutes before adding the pasta to the soup to give it enough time to soften.

The original Italian recipe included a pasta called "Ditalini" which are short pasta tubes similar to mini macaroni.