

# Minestrone

Note: This does not fully fit the ethos of Marion's Meals simply because it has so many ingredients, including garlic. It's too nice to leave out though!

## Ingredients

- Splash of olive oil
- 1 diced onion
- 1 diced carrot
- 2 large celery sticks, chunky chopped
- 1 garlic clove, finely chopped
- A decent squirt of tomato purée (2 tsp)
- 400g tin chopped tomatoes
- 1 litre water
- 1 Knorr Chicken Stock Cube
- 400g tin mixed beans (or cannellini beans)  
Drain and rinse.
- 100g spaghetti, broken into short lengths
- ¼ green cabbage, finely shredded
- salt and freshly ground black pepper

## Options

- Use macaroni instead of spaghetti, use chopped leak instead of cabbage, add diced turnip. With these traditional Scottish vegetables and MacAroni, I call this soup Macestrone! Good with a dash of chilli flakes.
- I think the celery is needed in this soup, even though I'm not a big fan of the flavour. It's ok without the celery though.

## Equipment

- Sharp knife
- Potato Peeler
- Measuring Jug
- Large Saucepan
- Spatula

## Preparation

- Get ingredients and equipment to hand
- Dice the onion, but it is much easier to use frozen diced onion
- Dice and prep the other ingredients

## Method

We need to add ingredients to the pot in different phases as they need a different time to cook. For example, the carrot needs a lot more time to cook than the cabbage does.

Put the oil, onion, carrot and celery in the bottom of a pan on a medium heat. Soften the vegetables for about 10 minutes. Add a little bit salt and pepper but don't get too heavy-handed with it! We will get a chance to add more salt and pepper at the end.

Add the garlic and fry for another minute.

Add the water, stock cube and tomatoes.

Bring to the boil and simmer for 20 minutes.

Add the beans and pasta.

Return to the boil and simmer for a further 10 minutes.

Test that the pasta is cooked, giving it a few more minutes cooking time if you need to.

Add the cabbage and simmer for another 2 minutes.

The soup tends to be a bit thick for my liking but some folk like it this way. You can always add a splash of hot water if you prefer it thinner.

You might also want to add a bit more salt and pepper.

## Notes

Keep an eye on this, and gently stir from time to time to stop it sticking to the bottom of the pan.

## Portions

Number of portions	6
Final Portion Size	200g
Storage Container	Large Plastic

## Storage

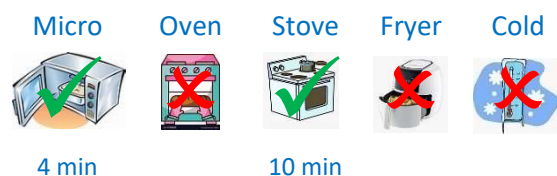
Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

## Heating & Serving

Heating instructions from chilled are a guide only.

Be sure the meal is piping hot throughout before serving.



*If reheating from frozen, increase heating times.*

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra water if you think the soup is too thick.

Serve in a soup bowl or mug with crusty bread.

I like to serve by finishing part-baked baguettes or breads that I can prepare just ahead of time.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Slicing Cabbage

There are no special techniques or principles at play in this recipe.