

# Minestrone

**From our garden:** parsley, potatoes

**NOTES TO STUDENTS AND VOLUNTEERS:** Focus on cutting the vegetables the same size to ensure even cooking.

## Equipment

- Large nonstick frying pan
- Large Stock pot with a lid
- Chopping board
- Large knife
- Measuring spoons
- Measuring cups
- Can opener
- Vegetable peeler

## Ingredients

- 2 large carrots
- 2 sticks of celery
- 2 onions
- 2 tsp sugar
- 2 potatoes
- 2 cloves of garlic
- 2 ½ litres of vegetable stock
- 2 tbsp balsamic vinegar
- 300g tin of red kidney beans
- 425g tin of chopped tomatoes
- 1 cup small shell pasta or similar
- 1 cup continental flat leafed parsley, finely chopped
- salt and freshly ground black pepper
- 2 tbsp olive oil for frying

## What to do

- Peel, wash, trim and chop the carrots into even slices.
- Wash and chop the celery into even slices.
- Peel, wash and chop the potato into small even cubes.
- Peel and crush the garlic.
- Peel, wash and thinly slice the onions.
- Heat the frying pan and add the oil.
- Sauté the onions and sugar, stir frequently to caramelize but not to brown.
- Add the garlic part way through the onion cooking. Again be careful to stir and not burn the mixture. Remove from the pan and set aside.
- Add a little more oil to the pan and over a high heat sauté the carrots, celery and potato for 5 minutes. Stir often.
- In a stock pot combine the stock, vinegar, vegetables, onions & garlic, kidney beans and tomatoes.
- Bring to the boil and cover. Reduce the heat and simmer for 30 minutes, or until all the vegetables are tender.
- Increase the heat and add the pasta. Cook uncovered for 10 minutes or until the pasta is cooked to 'al dente'. This is an Italian term for not too soft - it means a bit 'toothy' or 'chewy'.
- Ladle into individual bowls to serve.
- Season with salt and pepper and sprinkle with finely chopped parsley.
- Serve immediately