

# Minestrone Soup

## Ingredients

- 1 x brown onion, finely chopped
- 1 x clove garlic, minced fine
- 2-3 x carrots, peeled and diced
- 1 x stalk celery, finely chopped
- 3 x bay leaves
- 1 x tin crushed tomatoes
- 2 x potatoes, peeled and diced
- 1 x good handful of herbs, washed, picked and chopped
- 1 x tin beans, drained and washed
- 1 x tbs stock powder
- 1 x bunch leafy greens, washed and chopped fine

In a large oiled pot, sweat onions, garlic, carrots, celery and bay leaves.

Cook till just starting to caramelize, about 5mins.

Add tomatoes, potatoes, herbs, stock powder and enough hot water to nearly fill the pot.

Bring soup to boil and reduce heat to simmer.

Prepare beans and greens and reserve till hard vegetables are becoming tender.

Fully pack down, clean up and set up enough soup cups for the class on the work bench.

Taste and season soup, add beans and greens, stir through and serve when greens are wilted.