

BBC Minestrone Soup

Ingredients

Main

- One tbsp. olive oil
- One onion
- Two carrots
- Three large celery sticks
- Two garlic cloves
- Two tbsp. tomato purée
- One 400g tin chopped tomatoes
- 1.2 litres vegetable or chicken stock
- 400g tin cannellini beans, drained and rinsed
- 100g dried linguini
- Quarter head of green cabbage
- Two rashers of bacon

The ingredients are from the BBC recipe which is for four people – expect to freeze half of it.

Utensils

- Small frying pan (for bacon)
- Large saucepan and lid
- Large measuring jug
- Potato peeler (for carrot)
- Green plastic mixing bowl (for stock)
- Draining sieve (for cannellini beans)
- Side plate (for chopped bacon)
- Large plastic chopping board
- Three breakfast bowls (one for chopped vegetables, one for broken linguine, one for drained cannellini beans)

Preparation

1. Use large plastic chopping board
 - a. Peel skin then dice the onion
 - b. Peel skin then dice the carrots
 - c. Chop and dice the celery
 - d. Put onion, carrots and celery into a bowl on one side
 - e. Finely chop the two garlic cloves
 - f. Finely shred one quarter head of cabbage
2. Drain and rinse cannellini beans into breakfast bowl
3. Break linguini into inch lengths and put into breakfast bowl

Cooking

1. Cook bacon in small frying pan with olive oil. When cooked, cut into small strips and put on side plate.
2. Pour 1.2 litres of boiling water into the green mixing bowl. Add five tsp of vegetable stock and stir in.
3. In the large lidded saucepan, heat one tbsp. olive oil then add the chopped onion, carrots and celery – no cabbage yet. Season with salt and pepper. Cook for ten minutes until all vegetables have softened (stirring all along).
4. Add the chopped garlic and cook for another minute.
5. Add two tbsp. tomato puree and stir in. Cook for a further three minutes.
6. Add the strips of bacon.
7. Tip in the tinned tomatoes and vegetable stock. Cover with a lid and bring slowly to the boil. Reduce heat to a simmer and cook for fifteen minutes.
8. Add the cannellini beans and linguine and cook for a further ten minutes, or until the linguini is cooked.
9. Add the chopped cabbage and cook for another two minutes. If the soup is too thick, add hot water to reach preferred consistency.
10. Season to taste with salt and pepper before serving

http://www.bbc.co.uk/food/recipes/minestrone_23211