

Minestrone Soup

INGREDIENTS

2 tbs olive oil
2 rashers streaky bacon, finely chopped
2 onions, chopped
2 carrots, chopped
800g butternut pumpkin, peeled, chopped
2 tbs finely chopped rosemary leaves
1/2 bunch sage, finely chopped
400g can chopped tomatoes
400g can borlotti beans, rinsed, drained
1.5L (6 cups) vegetable stock
500g kale, stalks removed, thinly sliced
100g wholemeal pasta
crusty bread, to serve



METHOD

Heat the olive oil in a large saucepan with a lid over medium heat. Add the bacon and cook, stirring occasionally, for 2 minutes or until golden. Add the onion, carrot, pumpkin, herbs, and cook, stirring occasionally, for 15 minutes or until the vegetables have softened. Add tomato, beans and stock to pan.

Stir, then cover and slowly bring to the boil. Simmer, stirring occasionally, for 25-30 minutes or until pumpkin is cooked through.

Wrap pasta in a clean tea towel and, using a rolling pin, bash into pieces. Add to the pan with the seasonal greens and cook for a further 10 minutes or until the pasta is al dente. Add a little more stock or water to loosen, if necessary.

Season soup and divide among serving bowls. Serve with crusty bread.