



Minestrone - Italian Vegetable Soup

Cooking Time: 1 hour
Preparation Time: 15 mins
Servings: 5

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This Italian soup will make a delicious starter or a meal on it's own. It's also suitable for vegetarians, if prepared with vegetable stock and the ham hock is omitted.

Ingredients:

- $\frac{3}{4}$ ltr Recipere Chicken or Vegetable Bouillon
- 1 Ham hock
- 1tbs Olive Oil
- 1 Onion, chopped small
- 2-3 Celery stick, cut small
- 2-3 Carrots, cut small
- 2 Stalks of leeks, cut small
- 1 cup Peas, fresh or frozen
- 2 Cloves of garlic, crushed
- 2 Medium potatoes, cubed
- 1 tin Borlotti beans, drained
- 1tbs Tomato purée
- 2tbs Small pasta shells
- Salt and pepper
- Chopped flat parsley
- Freshly grated Parmesan cheese

Method:

1. Gently fry the onion in the oil.
2. Add the carrots and celery and gently fry a few more minutes.
3. Add the tomato purée and cook for 1 minute.
4. Mix in the leeks and peas.
5. Pour in bouillon.
6. Add the ham hock.
7. Now add the beans and potatoes and leave to simmer for 40 minutes – Remove the ham hock.
8. Add the past shells and leave to simmer for another 7-10 minutes, depending on the size of pasta.
9. Dice the meat from the ham hock and put it into the soup.
10. Mix in some chopped parsley.
11. Season to taste.
12. Sprinkle with grated pamesan and serve with crusty bread.



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