

Minestrone Soup *Week 4*

Ingredients

3 tbsp olive oil
1 medium onion, finely chopped
1 medium leek, trimmed, washed and finely chopped
2 stalks celery, trimmed and finely chopped
2 medium to large carrots, chopped
14 .5 ounce can chopped tomatoes
2 cloves garlic, finely chopped
1 quart vegetable stock
5 ounces (about 2 cups) green cabbage, grated or finely chopped
1 tbsp fresh parsley, chopped
2 tsp fresh oregano, chopped
1 bay leaf
1 tbsp tomato paste
1/4 cup frozen peas
1/2 cup dried pasta, small shapes

Instructions

Heat the olive oil in a large, heavy bottomed saucepan over medium heat, then add the chopped onion, leek celery and carrots, stirring well, and cook for a couple of minutes to allow the flavours of the vegetables to release. Stir in the chopped tomatoes, and the garlic. Cover and simmer for 15 minutes, checking and stirring often. Pour in the vegetable stock, then add the cabbage and herbs, and mix in the tomato paste. Bring to a boil, reduce the heat, and let it simmer for 15 minutes. Add the frozen peas and pasta and continue to simmer gently for a further 15 minutes. Add more stock if its' too thick.