

### **Minestrone Soup or Pasta Supper Dish**

Minestrone is a meal in a bowl. It is a traditional Italian meal made of vegetables, meat and pasta served in a tasty stock, although the type of meat, veg and pasta in minestrone can vary widely.

The soup has an interesting texture because all the different ingredients retain their individuality.

If you make minestrone with less stock and bigger pasta shapes, it makes a delicious pasta dish with a rich, tomato sauce.

Choose which version you would like to make – minestrone soup or minestrone pasta dish – but do make sure you bring in the right pasta. Soup needs small pasta shapes, or broken spaghetti, whereas the ‘supper dish’ requires larger pasta shapes.

**Don't forget a large container – this recipe will feed 4 people.**

### **Ingredients**

- 1 onion
- 1 potato
- 1 carrot
- 400g can chopped tomatoes
- 1 stock cube/pot – any flavour
- 2-4 rashers of bacon, cooked at home please.
- OPTION 1 - Soup
  - 25g SMALL dried pasta shapes or broken spaghetti
- OPTION 2 – Pasta supper dish
  - 50g dried pasta shapes, not spaghetti
- 1 tbspn veg oil (in school)
- Half teaspoon black pepper (in school)
- Teaspoon mixed herbs (in school)
- A LARGE CONTAINER TO TAKE YOUR SOUP/PASTA DISH HOME IN.
- Optional, you could also add any of the following
  - 1 stick celery
  - 1 clove garlic
  - Quarter of a cabbage
  - Worcestershire sauce – for flavouring
  - Other herbs/spices are also available in school

## Method

### **Follow the steps carefully**

#### **Prepare the vegetables**

1. Get a knife and a green or brown chopping board.
2. Peel the potato.
3. Cut it into slices and then cut the slices into strips.
4. Cut the potato strips into neat cubes.
5. Peel the carrot.
6. Cut it into batons. Then cut the batons into neat cubes.
7. Cut the celery into neat slices, if you chose this option.
8. Peel and finely dice the onion. No large pieces! **DO NOT TOUCH YOUR FACE!!!**
9. Peel and crush the garlic, if you chose this option.

#### **Soften the vegetables**

1. Get a large sauce pan and a wooden spoon
2. Put a tablespoon of veg oil in a LARGE saucepan.
3. Add the onions first (and garlic)
4. Stir gently and cook over a medium heat until transparent and starting to turn golden.
5. Add the carrots (and celery) and stir gently
6. Add the potatoes, stir gently

#### **Add the tomatoes**

1. Open the tin and add all the chopped tomatoes to the veg in the pan.

#### **Add the water and stock cube/pot**

1. Put 500ml water in a measuring jug and pour into the mixture. Add the stock cube to the mixture
2. Bring to the boil and simmer for 15 minutes, stirring to make sure the mixture does not stick to the bottom of the pan.
3. Taste to test! The veg will be cooked when the potato is soft enough to eat.

#### **Add the pasta**

1. Add all the pasta to the pan and stir in. If the mixture is starting to stick to the pan, or look very thick, add some more water.
2. Cook gently for another 10 minutes, or until the pasta is soft enough to eat.

#### **Add the bacon**

1. Cut up the cooked bacon into small 'bite-sized' pieces and add to the soup/sauce.

#### **Soup or sauce?**

**For soup**, turn off the heat and add water to make the soup more liquid. Remember that it has to fit in your container!

**For sauce**, do not add any water.

#### **Add flavourings and seasoning**

1. Add half a teaspoon of pepper
2. Add 1 teaspoon mixed herbs
3. Add 1 teaspoon Worcestershire sauce, if you chose that option.
4. TASTE. You can add more herbs or some paprika

#### **Ladel carefully into your container and wash up.**