



CHIPS Cookery Club

Recipe – Minestrone Soup

© 2018 Owned by CHIPS – use but please do not copy

Ingredients Serves 2-3 people

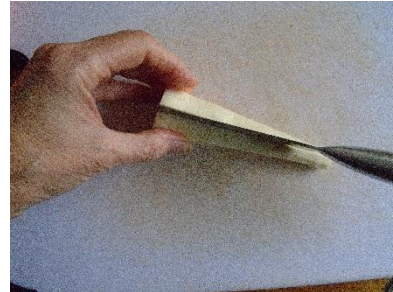
1 tin of chopped tomatoes ½ french stick
1 medium parsnip ½ tub grated parmesan
1 medium carrot 1 cabbage leaf
½ leek
1 stick of celery
½ tin red kidney beans or cannellini beans
10 sticks of linguine or spaghetti

Equipment needed

Chopping board
Small cooks knife
Bread knife
Y Peeler
Saucepan
Wooden spoon
Measuring jug



Peel the carrots using a y peeler. Remove both ends and discard.



Cut through the centre using the claw grip.



Chop the carrots into thin pieces using the bridge method.



Turn each half so the flat side is on the board. Cut in half lengthwise then cut into thin pieces.



Peel the parsnip using the Y peeler.



Remove the outer skin from the leek and cut off the root.



Holding the leek using the claw grip cut in half lengthways through the green part of the leek.



Using the bridge method slice across the celery to form small pieces.



Run the leek under the tap to remove any grit or dirt. Cut in half completely.



Place all the cut vegetables in a saucepan. They should all be roughly the same size.



Cut the leek in half lengthways again and chop so that the pieces are around 1cm square.



Add enough water to cover the vegetables. Bring to the boil then simmer gently with a lid on for 10-15 minutes until cooked through.



Wash the celery and cut in half lengthways. You could substitute parsnips for potatoes or add sweet potatoes if you prefer.



Add the chopped tomatoes and bring back to the boil.



Wash the cabbage leaf and slice into 1 cm wide strips.



Wash the kidney beans and drain. Add the beans to the soup.



Cut across the strips into 1cm squares.



Once cooked, serve in a bowl with some crusty bread.



Break the pasta into 2 cm pieces on to the boiling soup. Stir. ;



You could top with parmesan croutes. Slice a french stick into slices around 1.5cm thick. Top with grated parmesan cheese.



Add the cabbage and cook for 10 minutes stirring occasionally to stop the pasta from sticking.



Place them under the grill to brown slightly then serve on top of the soup for a light lunch.