


Winter Minestrone

Background

Don't be fooled by the name – the character of this thick, wholesome soup is more North African than Italian. It has a lot in common with the European version though, with the pasta playing a similar role to the vermicelli noodles found in many recipes.

High in fibre

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	209	Energy	78.6 kcal
		Fat	3 g
Secondary, 11-18 yrs	261	SatFat	0.4 g
		Carb	11.4 g
		NMES	0 g
		Fibre	2.1 g
		Prot	2.1 g
		Iron	0.5 mg
		Calc	21.3 mg
		Vit A	103.4 µg
		Fol	14.6 µg
		Vit C	8.1 mg
Sodium	60.5 mg		
Zinc	0.3 mg		
 Time 1 hour			



Recipe by Stella McCartney Taken and adapted from *The Meat Free Monday Cookbook*, published by Kyle Books. Photo by Tara Fisher.

Method

1. Heat the olive oil in a large saucepan.
2. Add the chopped vegetables and cook over a low-medium heat for 10-15 minutes until tender but not coloured.
3. Add the crushed garlic and chilli powder and cook for a further minute.
4. Pour the tomatoes into the pan, add the stock and bring to the boil.
5. Add the pasta to the pan.
6. Reduce the heat to a gentle simmer, cover and cook the soup for 25 minutes until the vegetables are tender and the pasta is cooked.
7. Add the kidney beans and cook for a further 2-3 minutes. You may need to add extra stock if the soup is too thick.
8. Add the curly kale and cook for 3-4 minutes until tender.
9. Season to taste with freshly ground black pepper.

Ingredients

	10	10	10	10
Primary portions	10	10	10	10
Secondary portions	8	8	8	8
pasta, corn, dry	200g	400g	800g	1600g
olive oil	54g	108g	216g	432g
onions, finely chopped	125g	250g	500g	1000g
leek, finely chopped	125g	250g	500g	1000g
celery, finely chopped	30g	60g	120g	240g
carrots, finely chopped	100g	200g	400g	800g
turnips, finely chopped	100g	200g	400g	800g
garlic, crushed	18g	36g	72g	144g
chilli powder	0.5g	1g	2g	4g
tomatoes, canned	400g	800g	1600g	3200g
vegetable stock	800ml	1600ml	3200ml	6400ml
kidney beans, drained and rinsed	400g	800g	1600g	3200g
curly kale, finely chopped	100g	200g	400g	800g
pepper, black, to taste	0.1g	0.2g	0.4g	0.8g



Serving suggestion

Serve in bowls with a drizzle of olive oil and slices of toasted sourdough bread.