



Minestrone Soup



Ingredients

6 rashers of shortcut bacon, sliced in strips
1 onion, large, peeled, chopped finely
3 cloves garlic, chopped finely
3 stalks celery, chopped finely
2 small carrots, chopped finely
1 turnip, unpeeled
1 parsnip, unpeeled
25ml olive oil
150g pearl barley, washed
1.5L chicken stock, salt reduced
250ml water
1 can crushed tomatoes
140g tomato paste
2 teaspoons parsley fresh, chopped finely
1 sprig thyme, fresh, taken off the stalk
1 can three bean mix, rinsed
1 zucchini, medium, unpeeled
1 handful green beans, sliced
15g parsley, continental, chopped finely
Parmesan cheese, to serve

Preparation

1. Cut bacon into slices and cube all vegetables.
2. Heat half the oil in a large stockpot; cook bacon in batches until browned. Remove.
3. Heat remaining oil in same pot; cook garlic, onion until onion softens. Add carrots and celery, cook for 5 minutes then add turnip and parsnips, cook for a further 5 minutes.
4. Return bacon to the pan with barley, stir thoroughly to coat barley, then add stock, water, tomatoes, tomato paste, bay leaf, rosemary, and thyme. Bring to a boil. Reduce heat and simmer, covered for about 30 minutes. Check that barley is cooked. Cook longer if required
5. Add the zucchini and green beans and simmer for 5 more minutes or until all the vegetables are cooked.
6. Serve in bowls, sprinkled with parmesan cheese.



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Nutrients-

Kj	492.2
Carbs (g)	10.1
Protein (g)	9.0
Fat (g)	3.9
Saturated fat (g)	1.1
Sugars (g)	2.3
Fibre (g)	2.7