



MINISTRONE SOUP

Season: Winter
From the garden: Green beans, turnip, kamo kamo, kale, parsley, chives
Type: Soup
Difficulty: Easy
Country of origin: Italy
Serves: 4-5 serves, 30 tastes
Source: Andrea Habacht, Kitchen specialist Oropi School

Equipment

- *chopping board
- *knife
- *bowls
- *wooden spoon
- *big cooking pot with lid
- *can opener
- *measuring cup and spoons

Ingredients

- *olive oil for frying
- *1 onion
- *2 garlic cloves
- *1 medium carrot
- *2 small turnip
- *handful of green beans
- *handful of kale
- * $\frac{1}{4}$ of a kamo kamo
- *400g can of tomatoes
- *400g can of cannellini or butter beans
- *100 g dried pasta (macaroni or spaghetti broken into pieces)
- *4 cups vegetable stock plus extra water
- *bunch of parsley/chives
- *1 tsp dried oregano

***1 tbsp tomato paste**

***salt and pepper to taste**

Method

- 1. wash the vegetables and cut the carrots and turnips into equal sized little cubes**
- 2. peel and chop the onion and the garlic**
- 3. remove the stalks from the kale and slice the leafy part thinly**
- 4. chop the green beans into small pieces**
- 5. chop the herbs**
- 6. make the stock by dissolving the stock cubes in warm water**
- 7. cook the kamo kamo in the microwave until just soft**
- 8. heat a little bit of oil in a large pot**
- 9. add the onion, garlic and carrot and saute for a few minutes**
- 10. add the turnip, green beans, tomatoes, stock, oregano and tomato paste. Let it simmer for about 10-15 minutes**
- 11. add the pasta, kale, and canned beans. Let the soup simmer for another 10 minutes**
- 12. check that the vegetables and pasta are cooked.**
- 13. remove the kamo kamo flesh from its skin and add to the soup. Season with salt and pepper and stir in the fresh herbs**
- 14. add some extra water to the soup if it seems to thick**

Skills: Measuring, *mixing, cutting*