



MINISTRONE SOUP WITH PESTO

Season: Winter
From the garden: Pumpkin, carrot, turnip, broccoli, peas (frozen), spinach, parsley, coriander, silverbeet
Type: Soup
Difficulty: Easy
Country of origin: Italy
Serves: 6 serves or 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

- *oil for frying
- *1 onion
- *2 garlic cloves
- *1 medium carrot
- *2 small turnip
- *1 cup peas
- *1 cup diced pumpkin
- *4 cups vegetable stock
- *400g can of tomatoes
- *400g can of cannellini or butter beans
- *1 tsp dried oregano
- *1 tbsp tomato paste
- *salt and pepper to taste

PESTO:

***food processor**

***grater**

***big handful of greens and herbs**

*** $\frac{1}{4}$ cup toasted sunflower seeds**

***small garlic clove**

*** $\frac{1}{2}$ cup grated cheese**

*** $\frac{1}{4}$ cup vegetable oil**

***salt and pepper to taste**

Method

- 1. wash the vegetables and cut the carrots, pumpkin and turnips into equal sized little cubes. Cut up the broccoli**
- 2. peel and chop the onion and the garlic**
- 3. make the stock by dissolving the stock cubes in warm water**
- 4. heat a little bit of oil in a large pot**
- 5. add the onion and garlic and saute for a few minutes**
- 6. add the turnip, carrot, tomatoes, stock, oregano and tomato paste. Let it simmer for about 10-15 minutes**
- 7. add the pumpkin, peas and canned beans. Let the soup simmer for another 15 minutes**
- 8. check that the vegetables and pasta are cooked**
- 9. add some water to the soup until it reaches the desired consistency**
- 10. season with salt and pepper**
- 11. for the pesto, remove any thick stalks from the greens and herbs, peel the garlic**
- 12. add everything into the food processor bowl and process into a slightly chunky paste**
- 13. check seasoning and adjust**
- 14. serve soup with a dollop of pesto**

Skills: Measuring, *mixing*, *cutting*, using a food processor