

MINISTRONE SOUP

INGREDIENTS

- 1/2 cup olive oil
- 20g butter
- 3 onions, finely chopped
- 3 cloves garlic, finely chopped
- 2 carrots, diced
- 2 sticks celery, diced
- 200g piece of pork rind, cut into 3 chunks (optional)
- 400g freshly shelled borlotti beans
- Rind from a piece of Parmigiano-Reggiano
- 1 cup tomato passata or 4 ripe tomatoes peeled, seeded and finely chopped
- 1.5L chicken stock
- 1 cup finely shredded Savoy cabbage
- 3 zucchini, diced
- 1 cup chopped green beans
- Sea salt & freshly ground black pepper

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DIRECTIONS

1. Heat the olive oil and butter in a stockpot until the butter is foaming, then add the onion and garlic.
2. Add the carrot, celery and pork rind and cook gently, turning the contents to coat all the vegetables.
3. After a further 5 minutes add the beans, cheese rind, tomato passata and stock. Cover the pot and cook at a gentle simmer for 1 1/2 hours.
4. Add the cabbage, zucchini and green beans and simmer for 30min, then taste for seasoning. Discard the cheese crust before serving. Serves 8.

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