

Beckett's Farm

STARTERS

Minestrone Soup



Method

-  2tbsp rapeseed oil
-  2 garlic cloves, chopped
-  1 small onion, finely chopped
-  1 leek chopped
-  100 gm pasta shells
-  1 celery stick, sliced
-  600 ml vegetable stock
-  1 large carrot, diced
-  2 medium potatoes, diced
-  400 gm tomatoes, chopped
-  100 gm. Savoy cabbage, shredded

1. Heat oil in a large pan over a medium heat. Add the onions, leek, celery and garlic and cook for 3-4 minutes until ingredients are soft
2. Add the carrot, potatoes and tomatoes and pour in stock. Add 750ml water and bring to a simmer and cook for 45 minutes
3. Stir in the cabbage and pasta and simmer for 5 minutes
4. Leave to cool completely, then cook for 2 minutes before serving

