

Minestrone Soup



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 55 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Cannellini beans, canned	220 g	400 g	880 g
Lima beans, canned	110 g	220 g	440 g
Water	2 L	4 L	8 L
Beef stock cubes	1	2	4
Oil	25 mL	50 mL	100 mL
Onions, chopped	1	2 ½	4
Carrots, chopped	1	2 ½	4
Celery sticks, chopped	½	1	2
Potatoes, diced	1	2	3
Peas	¼ cup	¾ cup	1 cup
Tomato paste	50 g	105 g	210 g
Canned tomatoes	200 g	405 g	810 g
Wholemeal macaroni, cooked	100 g (40 g raw)	225 g (90 g raw)	450 g (180 g raw)
Pepper (to taste)			
Garlic powder (to taste)			
Basil	½ tsp	1 tsp	2 ½ tsp
Parmesan cheese, garnish	30 g	62 g	125 g

METHOD

1. Rinse cannelloni and lima beans thoroughly, then add to water and beef stock and bring to the boil
2. Saute onions, carrots, celery and potatoes in oil
3. Add to beans and simmer covered until tender
4. Add remaining ingredients and cook a further 20-30 minutes, stirring frequently
5. Sprinkle 1 tsp of Parmesan cheese over each serving

This recipe has been sourced from Canteen Cuisine