



## Stone Soup... aka Minestrone ;)

**Season:** Winter

**Fresh from the market:** carrot, potato, onion, celery, leek, garlic, zucchini, spinach, silverbeet, parsley, garlic, bay leaf, thyme.

**Recipe source:** [www.taste.com](http://www.taste.com)

**Makes:** 4-6 at home

Equipment:	Ingredients:
Chopping board and grip	2 tbsp olive oil
Knives	2 celery stalks, halved lengthways, thinly sliced
Spoon, cup, jug measures	1 leek, thinly sliced
Strainer	2 garlic cloves, crushed
Scales	1 large carrot, finely chopped
Heavy-based saucepan	2 desiree potatoes, chopped
	2 tsp tomato paste
	2 bay leaves
	4 fresh thyme sprigs
	1.5L Massel chicken style liquid stock (or water)
	400g can cannellini beans, rinsed, drained
	2 small <a href="#">zucchini</a> , finely chopped
	100g frozen peas
	100g baby spinach leaves
	Chopped flat-leaf parsley, to serve

### What to do:

1. Prepare all ingredients as the ingredient sheet.
2. Heat oil in a large heavy-based pan over medium-low heat.
3. Cook celery, leek, garlic and carrot, stirring, for 5 minutes.
4. Add potato, paste, bay leaves, thyme and stock, then bring to the boil over high heat.
5. Simmer over medium-low heat, partly covered, for 20 minutes or until potato is tender.
6. Add beans, zucchini, peas, salt and pepper.
7. Simmer for 6-8 minutes.
8. Stir in spinach, then divide among warm bowls, season and serve scattered with parsley.