

Minestrone Soup

The best pan for this is an 28cm crafond stock pot (You can also serve direct to the table)

- 1 400g can diced peeled tomatoes
 - 3 pontiac potatoes, peeled, chopped
 - 200g piece jap or butternut pumpkin, deseeded, peeled, chopped
 - 1 large brown onion, chopped
 - 2 carrots, chopped
 - 2 celery sticks with leaves, chopped
 - 1 large garlic clove, chopped
 - 1 tsp dried oregano leaves
 - 1.75L (7 cups) water
 - 3 small or 2 large zucchini, chopped
 - 40g (1/4 cup) small macaroni
 - 1 400g can borlotti beans, rinsed, drained
 - 1/2 cup firmly packed roughly chopped fresh continental parsley
 - Salt & freshly ground black pepper
 - 1 1/2 tbs extra virgin olive oil
 - 20g parmesan, finely shredded
1. Place the tomatoes, potatoes, pumpkin, onion, carrots, celery, garlic and oregano in a large saucepan.
 2. Stir in the water and bring to the boil over medium-high heat. Reduce heat to medium and cook, almost covered, for 45 minutes.
 3. Add the zucchini and macaroni, and cook, stirring occasionally, for 10 minutes. Stir in the beans and cook for a further 5 minutes or until the zucchini and pasta are tender.
 4. Stir in the parsley and taste and season with salt and pepper. Ladle into serving bowls. Drizzle with the olive oil, sprinkle with the parmesan and serve immediately.

