

Minestrone

## **Ingredients**

500g dried kidney beans (or packet or Italian Soup mix)

1 Parsnip grated or diced

1 Large carrot grated or diced

1 large potato grated or diced

1 large stick Celery, diced

1 Onion, chopped

2 cloves garlic, chopped

Parsley

Grated parmesan

Olive Oil

2tbsp tomato paste

1-2 cups Pasta noodles

Salt and Pepper

## **Method**

Soak the dried beans overnight to soften

Place in a large pot with about 3L of water (adjust to suit desired consistency of soup)

Bring to the boil

Add vegetables, tomato paste and stir. Season with salt and pepper.

Return to the boil and simmer for 1.5 hours, stirring occasionally.

Add water if liquid level drops too low.

Pasta can be added to the soup to cook for the time recommended on the packet before serving, but I prefer to cook it separately in salted boiling water, and serve it in individual bowls with the soup. If cooked in the soup, and all of the soup is not used, you end up with a thick mess.

Sprinkle Parmesan cheese and chopped parsley into each bowl. Drizzle with a swirl of Olive Oil.