



Minestrone with Parmesan

Source – SA 'Kitchen Garden Cooking with Kids'

Harvest – onions, garlic, carrots, celery, cabbages, green beans, zucchini

Vocab Words – red kidney beans, bay leaf, boil, simmer

Skills – 1cm dice, boil, simmer, season to taste, grate

Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Large saucepan and wooden spoon
- Peeler
- Grater
- Ladle
- Serving Items – platters and tongs

Ingredients:

- 2 x 400gm cans **red kidney beans**, drained and rinsed
- ¼ cup **olive oil**
- 1 tablespoon **butter**
- 2 **onions**, peeled and diced
- 3 **garlic** cloves, peeled and finely chopped
- 2-3 **carrots**, peeled and diced into 1cm pieces
- 2-3 **celery** sticks, sliced
- 2 x 400gm cans **tomatoes**, chopped
- 4 **cabbage** leaves, diced into 1cm pieces
- 150gm **peas**
- 2 **zucchini**, diced into 1cm pieces
- 1-2 **eggplants**, diced into 1cm pieces
- 2 litres **vegetable stock** or water
- 1 **bay leaf**
- **Salt and pepper**
- 150gm **parmesan**, finely grated

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Heat the oil and **butter** in a large saucepan over a medium-high heat and cook the onion and garlic for 2 minutes.
3. Add the carrot and celery and sauté for 3-5 minutes to soften.
4. Add the rinsed beans, tomatoes, cabbage, peas, zucchini, eggplant, **stock** and bay leaf and cover with the lid and bring to the boil. Reduce the heat and simmer for 20 minutes.
5. Taste for seasoning (salt and pepper). Serve with **parmesan** sprinkled on top.

Notes: optional extra – add in pasta once boiling and cook for 12 minutes.