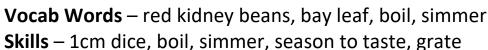


Minestrone with Parmesan

Source – SA 'Kitchen Garden Cooking with Kids'

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





- 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.

