

Family Cookery Club

Minestrone Soup



Serves 5 adults

Ingredients

- 1 tablespoon vegetable oil
(plus a little more for frying the bacon)
- 1 onion
- 2 medium carrots
- 1 leek
- 500g carton tomato passata
- 1 litre vegetable stock, made with boiling water and 2 stock cubes
- 1 pack smoked back bacon
- 125g small pasta shapes or spaghetti broken into short pieces
- 400g tin cannellini beans



Method

1. Begin by preparing the vegetables. These should be chopped finely so they cook quickly, and the soup is not too chunky. Peel and chop the onion. Remove the ends from the leek, together with the outer leaf and wash well. Cut in half lengthways, then cut into small slices. Peel and chop the carrot into very small pieces.
2. Fry the onion and carrot in the vegetable oil. Add a lid to the saucepan and cook for 10 minutes, stirring occasionally to make sure it doesn't stick to the base of the pan.
3. Add the passata and the stock and simmer for about 10 minutes while you cook the bacon.
4. Cut the visible fat off the bacon and chop into small pieces then fry until cooked through.
5. Drain and rinse the beans and add to the pan. Add the bacon and pasta.
6. Simmer for a further 10 minutes, then add the leek.
7. Cook for 5-10 minutes, until the leek is cooked, and the pasta is soft.
8. Add a bit more boiling water if the mixture is too thick.