



## Minestrone an Italian Vegetable Soup

Equipment list  
Paring knives  
Large pot  
Measuring equipment  
Wooden spoon  
Cutting mats

- Do all the “prep” work before starting to cook.
  
- 1. Heat oil on #5 heat in a large pot. **Do the** “sizzle test”. Sauté(fry) the all the vegetables for 3 minutes or until the onions are soft and transparent.
  - 15 ml olive oil
  - 1 small onion, chopped
  - 1 stalk celery, chopped
  - 3 mushrooms, sliced
  - 1 clove or 5 ml garlic, minced
  - 1 carrot, sliced
  - ¼ colored pepper, chopped
  - ¼ zucchini, diced
  
- 2. Add the following ingredients below in the order they are listed.
  - 250 ml canned diced tomatoes
  - 750 ml water
  - 15 ml vegetable stock paste
  - 125 ml macaroni *or* rice
  - 125 ml garbanzo beans (chick peas)
  
- 3. Measure the herbs below in to a small bowl and add to the soup mixture.
  - 1 bay leaf
  - 1 ml basil
  - Dash Tabasco sauce
  - 1 ml thyme
  - 1 ml rosemary
  - 1 ml sage
  - 5 ml salt
  - 1 ml marjoram
  - 2 ml pepper
  
- 4. Bring the soup mixture to a boil. Reduce to med low (heat #3) and SIMMER for about 15 minutes or until vegetables are tender and pasta or rice is soft. The soup should cook on a gentle boil. DO NOT STIR THE SOUP CONSTANTLY!!! Stir occasionally to make sure the soup is not sticking to the bottom of the pot.
  
- 5. Remove bay leaf. Ladle into soup bowls. Serve with Parmesan cheese if desired.