

MINISTRONE SOUP

 Serves: 4



YOU WILL NEED



1 onion
(finely chopped)



2 carrot
(cut to bite size)



2 celery stalks
(cut to bite size)



1 capsicum
(cut to bite size)



2 zucchini
(cut to bite size)



2 x 400g can chopped tomatoes



1L stock
(chicken or vegetable)



400g can white beans
(cannellini, butter or haricot)



1 cup small pasta



handful of parsley

+ STAPLES (ALWAYS ON HAND)



1 tsp olive oil



1 tsp pepper & 1/2 tsp salt



1 tsp sugar

+ BREAD / ROLLS TO SERVE

EQUIPMENT

- Chopping board
- Knife
- Peeler
- Medium bowl
- Serving spoon/ ladle
- Large pot



NAOMI
Streetlight Dietitian

"Soup is **made for sharing**. I love how it is often thought of as a winter warmer, to cheer someone up when they are sick or as an easy dinner to share with delicious bread."

BEFORE YOU JUMP ONLINE... A MESSAGE FROM NAOMI

1 There are so many different soups to try and you can also experiment with leftovers to discover new flavours. Sweet potato, zucchini and capsicum soup, anyone?

2 LEFTOVERS?? What a great opportunity to 'live beyond self' and bless someone else.

Hi I'm Ben.
You can follow along online as
Naomi demonstrates how to cook @
streetlightcommunity.org/street-eats



BEN
Streetlight Founder

STEPS

M.P



MISE EN PLACE

Roughly chop your vegetables into equal bite size pieces. Very finely chop parsley stems.

1



Heat oil in a large saucepan on medium-high heat. Lightly brown the onion and garlic.

1
PART 2



Add the celery and carrot and cook for 2 minutes. Add the capsicum and zucchini and soften over the heat for about 10 minutes.

2



Add the stock and tinned tomatoes. Season with salt and pepper. Add sugar and let simmer for 10 minutes.

3



Add the pasta, canned beans and parsley. Taste to see if you need more seasoning. Simmer (and occasionally stir) for approx. 10 minutes

4



Serve with cheese on top, and enjoy with crusty bread.

