

# Summer Vegetable Minestrone Soup

**This seasonal soup is light and refreshing.** Not only is it bursting with lots of flavours, it is also a good recipe to introduce children to eating pulses.



Celery, egg, milk, sulphites and wheat (gluten)\*

Nutritional information per portion (416g):

Energy 777kJ 185kcal 9%	Fat 8.1g 12%	Saturates 3.6g 18%	Sugars 5.1g 6%	Salt 0.6g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 187kJ/44kcal.

## Equipment

Weighing scales  
Colander  
Chopping board  
Sharp knife  
Saucepan  
Measuring spoons  
Wooden spoon  
Measuring jug  
Metal spoon  
Can opener  
Ladle  
Tasting spoons

## Ingredients

### Serves 4

1 medium courgette  
1 bunch spring onions  
1 x 15ml spoon vegetable oil  
100g green beans  
3 medium tomatoes  
800ml boiling water  
1 reduced-salt vegetable stock cube  
1 x 5ml spoon dried thyme  
400g can cannellini beans  
1 x 15ml spoon tomato puree  
30g vermicelli (pasta strings thinner than spaghetti)  
Black pepper (optional)  
50g grated Parmesan OR other strong, hard cheese

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- When preparing spring onions, leave on as much of the green tops as possible and chop these in with the white parts. These will add colour and flavour to the soup.

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## Method

1. Wash all the vegetables.
2. Trim the courgette. Top and tail the spring onions. Finely chop the courgette and spring onions.
3. Turn on the hob to a low heat and add the oil to a saucepan.
4. Gently fry the spring onions and courgette for about 5 minutes until soft but not coloured.
5. Trim the beans and cut into quarters.
6. Halve the tomatoes, remove the seeds and chop into small squares.
7. Measure 800ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
8. Add the stock, thyme, tomatoes, drained cannellini beans, green beans and tomato purée to the saucepan. Stir and simmer over a low heat for 10 minutes. Add the vermicelli after 8 minutes.
9. Add black pepper to taste (if using).
10. When the soup is ready, ladle into bowls.
11. Serve with crusty bread and sprinkle the grated cheese on top.

## Something to try next time

- This recipe can be made using different vegetables, by swapping the courgette and beans for a shredded green cabbage or swapping the beans for peas. The vermicelli can be swapped for any small pasta shapes.
- Replace dried thyme with 2 or 3 sprigs of fresh thyme tied together with cotton thread. Remove from the soup before serving.

## Prepare now, eat later

- All vegetables and the grated cheese can be prepared in advance and kept in the fridge.
- This soup may be cooled and chilled for up to 4 hours until needed. Reheat until piping hot.

### Skills used include:

Washing, weighing, measuring, chopping, grating, boiling/simmering, frying and serving.

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