

# Minestrone



## NUTRITIONAL INFORMATION

### Serves 4

|               |        |
|---------------|--------|
| Energy        | 2599kJ |
| Fat saturated | 3.6g   |
| Fat Total     | 11.6g  |
| Carbohydrate  | 19.3g  |
| Dietary Fibre | 7.5g   |
| Protein       | 15g    |

## INGREDIENTS

3 bacon rashers, rind removed, roughly chopped  
 2 carrots, peeled, chopped  
 2 celery sticks, chopped  
 1 desiree potato, peeled, chopped  
 2 garlic cloves, crushed  
 1L (4 cups) beef stock  
 400g can chopped tomatoes  
 400g can red kidney beans, rinsed, drained  
 80g (1 cup) small shell pasta

## METHOD

1. Place the bacon, carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.
2. Add the garlic, beef stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender. (To freeze the soup, see note).
3. Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

## FREEZING INFORMATION

For up to 3 months: Set aside for 15 minutes to cool slightly before placing in fridge for 45 minutes to cool completely. Place serving-sized portions in shallow airtight containers. (If thawing in microwave, they should also be heatproof and microwave-safe.)

To thaw: Place in the fridge for 10 hours (single portion) or 24 hours (whole quantity) or until thawed.

To reheat: Place whole thawed quantity in a large saucepan, cover and bring to the boil over high heat.

Microwave reheating: 1 frozen portion - cover and heat on Medium/ 500watts/50%, stirring every 3 minutes, for 9 minutes or until thawed and heated through.

# Minestrone



## NUTRITIONAL INFORMATION

### Serves 4

|               |        |
|---------------|--------|
| Energy        | 2599kJ |
| Fat saturated | 3.6g   |
| Fat Total     | 11.6g  |
| Carbohydrate  | 19.3g  |
| Dietary Fibre | 7.5g   |
| Protein       | 15g    |

## INGREDIENTS

- 3 bacon rashers, rind removed, roughly chopped
- 2 carrots, peeled, chopped
- 2 celery sticks, chopped
- 1 desiree potato, peeled, chopped
- 2 garlic cloves, crushed
- 1L (4 cups) beef stock
- 400g can chopped tomatoes
- 400g can red kidney beans, rinsed, drained
- 80g (1 cup) small shell pasta

## METHOD

- Place the bacon, carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.
- Add the garlic, beef stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender. (To freeze the soup, see note).
- Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

## FREEZING INFORMATION

For up to 3 months: Set aside for 15 minutes to cool slightly before placing in fridge for 45 minutes to cool completely. Place serving-sized portions in shallow airtight containers. (If thawing in microwave, they should also be heatproof and microwave-safe.)

To thaw: Place in the fridge for 10 hours (single portion) or 24 hours (whole quantity) or until thawed.

To reheat: Place whole thawed quantity in a large saucepan, cover and bring to the boil over high heat.

Microwave reheating: 1 frozen portion - cover and heat on Medium/ 500watts/50%, stirring every 3 minutes, for 9 minutes or until thawed and heated through.