

# Jamie's Minestrone Soup

## Ingredients

- 1 clove of garlic
- 1 red onion
- 2 carrots
- 2 sticks of celery
- 1 small leek
- olive oil
- 6 rashers higher-welfare smoked streaky bacon (optional)
- 1 large potato
- ½ a small butternut pumpkin
- 2 x 400g tins whole tomatoes
- 1 large handful of kale \*
- 1 tin of kidney or cannellini beans
- 1 handful of mixed pasta shapes (we added star pasta – it was a hit!)
- 1 bunch of fresh basil (optional)
- sea salt
- freshly ground black pepper



**Servings: 8**

## Directions:

1. Start by prepping your veg. Peel and finely chop the garlic and onion, trim and finely chop the carrot and celery, then wash and roughly chop the leek.
2. Heat a large pan over a medium heat and add a good lug of oil. Finely slice and add the bacon \*, if using, then gently fry until it starts to brown. Next, add the garlic, onion, carrots, celery and leek, and cook slowly for around 15 minutes or until softened, stirring regularly.
3. Meanwhile, scrub and dice the potato, then peel, deseed and dice the pumpkin.
4. Pour the tomatoes into the pan, breaking them up with a spoon, then add the potato, pumpkin and 1 litre of water.
5. Bring to the boil with the lid ajar, then reduce the heat and simmer for 30 minutes, or until the veg is tender.
6. At this stage, add another litre of water and bring to the boil – don't worry if it looks like too much because the pasta will absorb some.
7. Remove the stalks from the kale \*, roughly chop and add to the pan with the pasta and cook for 10 further minutes, or until the pasta is just cooked.
8. Rinse the kidney or cannellini beans and add to the pan
9. Pick and tear in the basil (if using), then season to taste with a little sea salt and black pepper.

\* Healthy Hub did not include kale or bacon to this recipe but why not give it a go at home.