

VEGETABLES SOUP OR MINESTRONE



Ingredients (serves 6 people):

400 g white beans cooked without the stock

3 tbsp olive oil

1 chopped onion

1 diced carrot

1 diced sweet potato

1/2 small diced pumpkin

1 chopped celery stalks

1/2 stalk of leek cut into strips

2 cloves garlic, minced

1 diced potato

150 g of fresh pea

2 diced zucchinis

1 and 1/2 liters chicken or vegetables stock

2 chopped skinless tomatoes and seed

150 g spinach cut into thin strips

80 g short soup pasta

Salt to taste

Black pepper to taste

1 bay leaf

Grated Parmesan cheese to taste

Preparation:

1. Place the white beans in a bowl and cover with triple water.
2. Soak for twelve hours or overnight.
3. Drain the water, boil the beans in the pressure cooker for 10 to 15 minutes with the bay leaf and enough water or bring to the pan over high heat.
4. When boiling lower the heat, cover the pan and let the beans cook for an hour, but the beans should not be soft.
5. Drain the water and set aside the beans.
6. Heat olive oil in a large pan and fry onion, carrot and celery and leek over low heat for 5 minutes.
7. Add garlic and fry for 2 more minutes.
8. Add beans, peeled tomatoes, peas, potatoes, zucchini, sweet potatoes, pumpkin and chicken or vegetable stock.
9. When boiling, cover and cook for about an hour to make the ingredients soft.
10. Add the spinach.
11. Put the short pasta and stir gently.
12. Cover and cook another 10 minutes or so that the pasta is al dente.
13. Adjust salt and pepper and turn off the heat.
14. Spread in appropriate dishes and sprinkle with a little olive oil and serve with grated Parmesan cheese.