

# MINISTRONE

## ZUPPA DI VERDURE



You will look at this ingredients list and wonder how some of them can possibly be allowed in a lower-calorie section. It just goes to show that, cooked in the right way, no foods are off limits. This has to be one of my favourite soups of all time and it will keep you filled up for hours. If you decide to make this recipe in the morning for later in the day, cook it up to the point when you are about to put in the pasta. Only add the pasta and cook for the last twenty-five minutes when you are ready to serve, or the pasta will go soggy.

### SERVES 6

- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 200g canned cannellini beans, drained
- 250g King Edward potatoes, chopped into 2cm chunks
- 200g dark green cabbage (cavolo nero), any coarse stems removed, leaves roughly chopped
- 400g can of chopped tomatoes
- 200g French beans, finely chopped
- 2 litres vegetable stock, made with stock cubes
- 120g dried conchigliette pasta (baby shells)
- 4 tbsp roughly chopped flat leaf parsley leaves
- fine sea salt and freshly ground black pepper
- 60g finely grated pecorino cheese, to serve

Heat the olive oil in a large saucepan over a medium heat and fry the onions, carrots and celery for 10 minutes, or until they are just golden.

Add the cannellini beans, potatoes, cabbage, chopped tomatoes, French beans and stock and bring to the boil.

Reduce the heat, half-cover the saucepan with the lid and cook for 30 minutes, stirring occasionally.

Remove the lid, add the pasta with the parsley and continue to cook over a medium heat for a further 25 minutes, stirring occasionally. Season to taste (I like to add ½ tsp pepper).

Check that all the vegetables are tender and the pasta is cooked and serve immediately in warmed bowls, with a sprinkle of pecorino cheese on top.

