

Recipe No. 21/2014

# Minestrone Soup

Winter has arrived in South Africa. Time for soups and home-made bread. Another Thermomix magic moment is to arrive home from work and within half an hour, have a hearty soup and home-made bread on the table for dinner. Next week we share with you nutty wholewheat bread rolls to serve with the bread.

Serves: 4 – 6 people

Total Preparation time: 35 minutes

## Ingredients

1 celery stick and leaves, cut into 2cm pieces  
1 onion, quartered  
1 large carrot, cut into 8  
20g olive oil  
160g butternut  
1 potato, cut into small pieces  
5 small baby marrows, quartered  
150g green beans, cut into 2cm pieces  
2 Tblsp TM stock concentrate  
1 x 400g tin chopped tomatoes  
25g tomato puree  
1 tsp sugar  
650g water or enough to fill the TM bowl to the 2 litre maximum level mark  
Seasoning to taste

## Method

1. Place celery, onion and carrot into TM bowl. Chop **3 sec/speed 5**.
2. Add olive oil. Sauté **4 min/Varoma/reverse/speed 1**.
3. Add remaining ingredients. Cook **30 min/100°C/reverse/speed 1**.
4. Check to see that the vegetables are cooked to your liking. The larger the pieces, the longer they will take to cook. Adjust seasoning.
5. Serve chunky or puree slightly by blending. Slowly take the speed dial **5 sec/speed 8**, or until preferred consistency is achieved.

## Cook's notes

- For a more substantial soup, at the end of cooking time, add 1 x 400g can drained and rinsed Borlotti beans or other tinned beans. Heat a further **5 min/100°C/reverse/speed 1**.
- For a finely creamed soup, after final cooking time, carefully blend **30 sec – 1min/speed 10**.
- For a quicker cooking time, once celery, onion, and carrot has sautéed, add all other vegetable ingredients. Chop **5 sec/speed 5**. Add remaining ingredients and continue with cooking for 25 minutes.



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