



Member Recipes

MINISTRONE SOUP

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 onion, chopped
- 2 cups carrots, peeled and chopped
- 2 cups celery stalks, chopped
- ½ kilo beef mince
- 2 cloves garlic, crushed
- 500 g spinach or kale
- 1 brushed potato, peeled and cubed
- Salt and pepper
- 1 can crushed tomatoes
- 1 tbsp dried oregano
- 8 cups beef stock
- 1 can cannellini beans, drained and rinsed
- 1 cup other small pasta
- ½ cup finely grated parmesan cheese

NOTE: Soup tastes better the next day. If you are cooking the soup a day early **DO NOT** add the pasta because it will swell up and taste horribly overcooked.

The next day: 10 minutes before you are going to serve the soup, bring to the boil and add the pasta and cook until just tender 7-8 minutes.

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Experience

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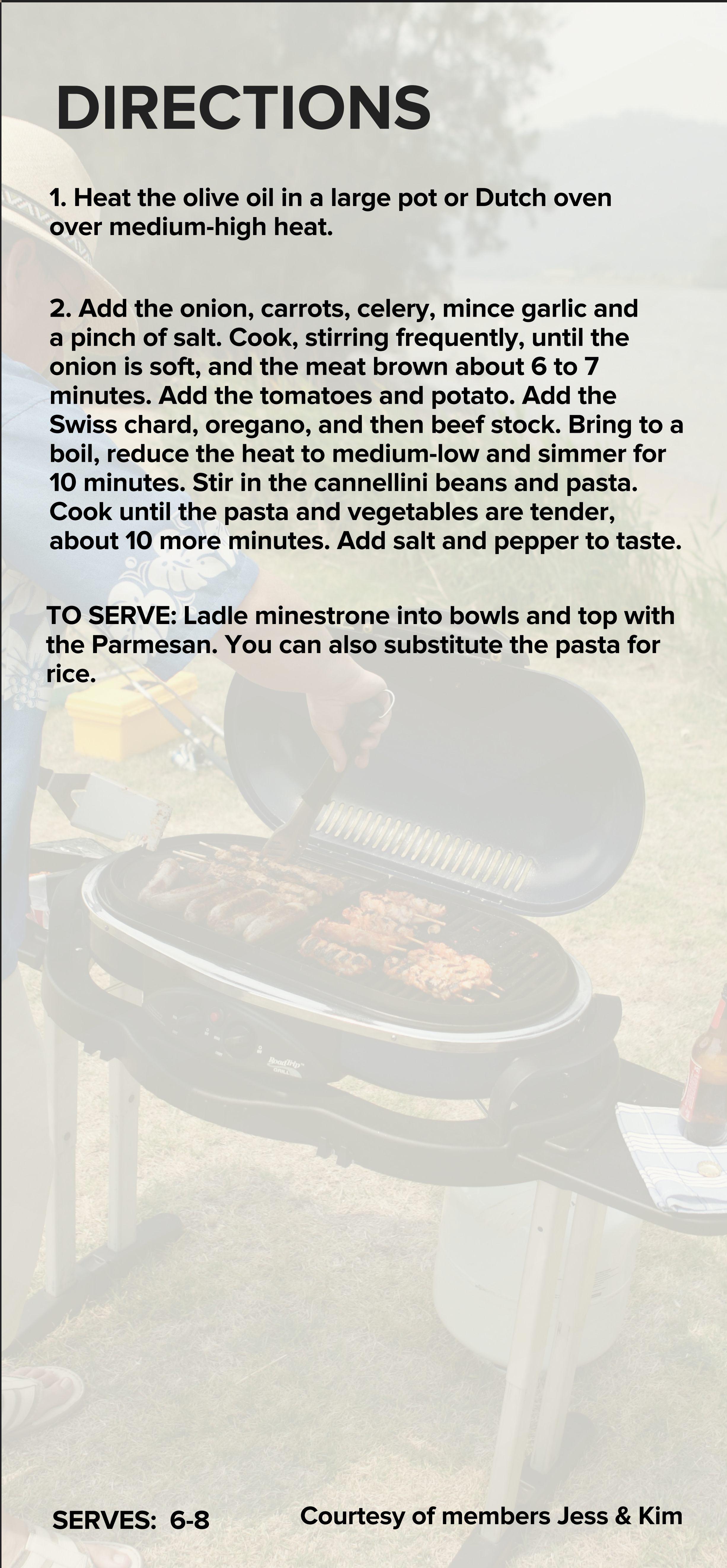
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DIRECTIONS

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat.

2. Add the onion, carrots, celery, mince garlic and a pinch of salt. Cook, stirring frequently, until the onion is soft, and the meat brown about 6 to 7 minutes. Add the tomatoes and potato. Add the Swiss chard, oregano, and then beef stock. Bring to a boil, reduce the heat to medium-low and simmer for 10 minutes. Stir in the cannellini beans and pasta. Cook until the pasta and vegetables are tender, about 10 more minutes. Add salt and pepper to taste.

TO SERVE: Ladle minestrone into bowls and top with the Parmesan. You can also substitute the pasta for rice.



SERVES: 6-8

Courtesy of members Jess & Kim