

Comfort food – minestrone soup

Serves 4

Cooking time: 1 hour





Ingredients:

1/4 cup olive oil

1 onion. Chopped

3-4 garlic cloves. Peeled and chopped

1 potato. Diced into 1/2cm cubes

3 celery sticks. Chopped

3 carrots. Peeled and diced into 1/2cm cubes

1 zucchini. Peeled and Diced into 1/2cm cubes

3/4 cup small pasta

1 can chopped tomato

4 cups chicken or vegetable stock

1/2 cup frozen peas

1 cup green / yellow beans

Parsley and thyme



Heat oil over medium heat. Fry the onion and garlic, and cook until golden. Add potato, celery, carrot, and zucchini, and stir to coat. Keep cooking for about 4 minutes and add the tomatoes with their juices, season with salt and pepper and stir.



**Add the chicken stock and stir and let it dissolve .
Add the green beans, the peas, and let simmer until the veg begins to
soften, about 10 minutes.
Add the pasta; and 1/2 of the parsley, and simmer again until pasta is
“al dente”, about 10 to 15 minutes.
Now the soup is ready.**



Garnish and season with the parsley and the thyme.

Keep-in-touch

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Cookware:

ADAMA studio www.adama-studio.co.il