



Minestrone Soup Recipe – Shopping List

Serves: 4

1 large carrot	1 clove of garlic
250g/9oz spinach/cabbage leaves	200g/7oz tinned peas
2-3 small potatoes	2 plum tomatoes (from tin), or 2 medium tomatoes
2 courgettes/zucchini (4 if v.small)	200g/7oz tiny pasta shapes (cubetti, gozzini, macaroni etc.)
200g/7oz tinned beans (white cannellini/kidney/black-eye)	Salt & Extra Virgin Olive Oil
2 medium stalks of celery	<i>Optional:</i> 50g/1.75oz of normal or 'pancetta' belly bacon
Half a cube of chicken/veg stock	<i>Optional:</i> parmesan cheese
10 fresh basil leaves	<i>Optional:</i> 1 glass white wine