



## Minestrone Soup

One of the great soups of the world, minestrone is really a light meal. If the quantities given are too large for you, just halve them. Alternatively, freeze some of the cooled soup.  
Serves around 8.

- 4 tbsp *Cobram Estate Fresh and Fruity extra virgin olive oil*
- 1 brown onion, diced
- 2 sticks celery, diced
- 2 carrots, diced
- 1 tsp chopped rosemary
- 2 rashers bacon, chopped (optional)
- 1 tbsp tomato paste
- 1/4 small cabbage, shredded or about 4 cups
- 3 medium zucchinis, diced
- 2 cloves garlic, crushed
- salt and freshly ground black pepper
- 1 cup small macaroni or other small pasta, like vermicelli
- 2 x 400g cans cooked whole beans, drained, e.g. cannellini beans
- 4 tbsp chopped parsley
- 4 tbsp grated parmesan

Heat half the *Cobram Estate Fresh and Fruity extra virgin olive oil* in a large saucepan and on low to medium heat gently fry the onion, celery, carrot, rosemary and bacon for about 5 minutes. Stir in the garlic and tomato paste. Add the cabbage and zucchini, cover with cold water and bring to the boil. Season with salt and pepper and cook for about 20 minutes.

Add the macaroni to the soup, stir well and cook for 5 minutes. Add a little extra boiling water if necessary.

Meanwhile, blend half the beans and remaining *Cobram Estate Fresh and Fruity extra virgin olive oil* to a purée. Add purée and beans to the soup and boil until the pasta is cooked. Stir in the parsley and serve sprinkled with a little parmesan.

Enjoy your Meal