

Pumpkin Minestrone Soup

Serves: 32 tastings



From the garden: Onion, pumpkin, cabbage, parsnip & thyme

Equipment:

- Small stockpot x 1
- Wooden spoon x 1
- Chopping boards and knives
- Measuring cups
- Blender stick
- Serving bowls x 5
- Ladle x 5

Ingredients:

- 2 onions (finely chopped)
- 3 pieces pre-cut pumpkin (cut into cubes)
- ½ cabbage (chopped)
- 2 parsnips (cut into cubes)
- 1 can diced tomatoes
- 1 cup dried pasta
- 8 sprigs thyme (leaves only)
- 10 cups water (from the kettle)
- 2 chicken stock cubes
- Salt and pepper to taste

- 1 can red kidney beans

Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the ingredients except beans in a small stockpot and cook until all vegetables are beginning to soften.
3. Add beans and continue to cook until all vegetables are softened.
4. Serve into 5 large serving bowls with a ladle in each.