



COUNTRY MINESTRONE SOUP

¼ cup olive oil
30g butter or margarine
2 onions, finely chopped
3 large carrots, coarsely chopped
3 sticks celery, coarsely chopped
3 potatoes, coarsely chopped
4 medium baby marrows, chopped into chunks
100g green beans, cut into small pieces
4-5 spinach leaves, finely shredded
4 chicken or vegetable stock cubes
½ butternut, cooked and cut into small pieces
3 litres boiling water + 4 vegetable stock cubes OR
3 litres vegetable stock
2 tins (410g) whole peeled tomatoes (chopped with liquid)
½ cup tomato puree
coarse salt and black pepper
parmesan cheese, grated (optional)

Heat oil and butter in a large pot. Add onions and cook over a medium heat until golden brown. Add carrots and cook for 2-3 minutes stirring occasionally.

Add remaining vegetables, sautéing them for a few minutes to soften them. Lastly add stock and water, tomatoes, tomato puree, salt and pepper for seasoning.

Cover pot, bring to boil, then lower temperature and simmer for 1 ½ - 2 hours or until soup has thickened.

If desired, halve the soup and liquidise to thicken, then return to the pot with the remaining half.

Serve with grated parmesan cheese. Soup freezes very well.

Serves 10-12