

Vegan minestrone soup

Serves 4-6

Prep time 20 mins

Cook time 30 mins



INGREDIENTS

- 2 clove of garlic
- 1 onion
- 2 carrots
- 2 sticks of celery
- 350g pumpkin or ½ butternut
- squash
- 1 x 400 g tin of cannellini beans
- Splash olive oil
- ½ teaspoon dried oregano
- Black pepper
- 1 fresh bay leaf
- ½ tsp chilli flakes (optional)
- 2 Sage leaves
- 1 sprig Rosemary
- 1 small bunch thyme
- 1 400 g tins of plum tomatoes
- 2 litre vegetable stock
- 2 large handful of seasonal greens, such as savoy cabbage, curly kale, chard
- 200g macaroni pasta or any other you prefer

METHOD

To start we need to chop all the vegetables.

Dice the onions, carrots and celery into small pieces.

Mince the garlic.

Peel and cut the pumpkin into roughly 1 cm cubes.

Shred all the greens.

Chop the rosemary, sage and thyme finely.

Now that all the chopping is done start with the cooking.

Heat a large pan on the stove, add a large splash of olive oil and pop in the carrots, onions, celery and a good pinch of salt.

Cook on a medium heat for 5 or 6 minutes stirring occasionally until the veg has soften but not coloured.

Time for the aromats (garlic, rosemary, thyme, sage, oregano, bay leaves, chilli flakes if using) also the pumpkin can go in now.

Cook all these for 2 minutes.

Next add the vegetable stock, chopped tomatoes and the drained cannellini beans into the pan.

Give this a good stir and cook for another 10 minutes.

Final few ingredients put in the chopped greens and the pasta give them another good stir so the pasta doesn't stick to the bottom of the pan and cook for as long as the packet calls for to cook the pasta.

The macaroni takes about 8 minutes to cook. After the 8 minutes the soup should have thickened from the pasta and ready will be to serve.

Adjust the seasoning with salt if required.

Serve it up and dive in to the autumnal goodness.