



Minestrone is an Italian soup made with fresh seasonal vegetables, often with the addition of pasta or rice. Common ingredients include beans, onions, celery, carrots, stock, and tomatoes. There is no set recipe for minestrone, since it is usually made out of whatever vegetables are in season.

Serves up to 6

#### INGREDIENTS:

Olive oil

2 skinless chicken breasts or 4 – 6 thighs [depending on size]

1 large red onion, diced

2 cloves of garlic, finely sliced

2 sticks of celery, sliced

2 carrots. I grate one & dice the other for different textures

2 zucchini. Grated & diced as above

1 red capsicum chopped

fresh basil

1 – 2 tins of diced tomatoes

1 – 1½ litres of chicken or vegetable stock

couple of handfuls of Risoni pasta [this is the pasta that looks like rice]

#### METHOD:

Soften onion & garlic and a few leaves of the fresh basil in a couple of good glugs of olive oil.

Remove from pan but don't clean the pan

Chop chicken breasts to good sized bite pieces & add to pan – Brown

Return onion combo to the pan and add stock and the tins of tomatoes

Season to taste

Bring to boil and reduce heat to simmer

ADD:

Your sliced celery, carrots, zucchini & capsicum

Return to simmer and then throw in your Risoni

Cover and let simmer gently for about ½ hour or so to let the flavours intensify.

#### SERVE:

In large bowls with some freshly grated Parmesan a few small fresh Basil leaves and a good drizzle of Olive Oil – don't forget the crusty bread!