

Hearty Minestrone

Traffic light category: **Green**

Serves: 12

Ingredients

- 250g lean bacon, diced
- 1 garlic clove, crushed or finely diced
- 1 red onion, diced
- 2 carrots, peeled & diced
- 2 stalks celery, sliced
- 1 small zucchini, grated
- 1 small leek, finely sliced
- ½ teaspoon dried oregano
- 1 bay leaf
- 1 large potato, peeled & cut into 1cm cubes
- 1 x 400g can cannellini beans, rinsed and drained
- 2 x 400g can crushed tomatoes
- 1 litre reduced salt chicken stock
- 100g small pasta such as risoni
- Small bunch fresh basil
- Finely grated parmesan cheese to serve

Method

1. Heat a large saucepan over a medium heat. Add bacon and cook for two minutes, or until golden
2. Add garlic, onion, carrots, celery, zucchini, leek, oregano and bay leaf, cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally
3. Add potato, cannellini beans, tomatoes and vegetable stock
4. Cover with a lid and bring to the boil, simmer for about 30 minutes, or until the potato is cooked through
5. Add pasta to the pot, cook for a further 10 minutes, or until the pasta is al dente
6. Add a splash more stock or water to loosen, if needed
7. Roughly tear the basil leaves and stir through
8. Season to taste with pepper, then serve with a grating of Parmesan (approximately 1 teaspoon).

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	676kJ	224kJ
Protein	9g	3g
Total fat	4.8g	1.6g
Saturated fat	1.8g	0.6g
Carbohydrate	16.7g	5.5g
Sugars	5.9g	1.9g
Dietary fibre	5.8g	1.9g
Sodium	765mg	253mg

Recipe adapted from <http://www.jamieoliver.com>



Supporting healthy choices

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