

# Hearty Minestrone Soup

Rating ★★★★★

**Dietary:** VEG, GF, EF, NF  
**Allergens:** Wheat, Dairy  
**Age group:** 8 months+  
**Mealtime:** Lunch  
**Difficulty level:** Beginner

**Serves:** 8  
**Prep:** 10 mins  
**Cook:** 40 mins

# Hearty Minestrone Soup



Egg Free



Nut Free



Vegetarian



Gluten Free

## Equipment

High-speed food processor

## Ingredients

- 3 garlic gloves (30g), peeled
- 1 brown onion (110g), peeled and quartered
- ½ leek (90g), roughly chopped
- 2 sticks of celery, rinsed and roughly chopped
- 1 tbsp (20ml) extra virgin olive oil
- 1 medium carrot (120g), peeled and finely cubed
- 1 large zucchini (160g), rinsed and finely cubed
- 1 small sweet potato (300g), peeled and finely cubed
- 1 x 400g cannellini beans, canned, rinsed and drained
- 1 x 400g butter beans, canned, rinsed and drained
- 2x 400g cans diced tomatoes
- ½ tsp (1g) dried oregano
- 1 ½ liters (6 cups) organic vegetable stock, low salt
- 1 ¾ cup (100g) wholemeal spelt spirals (or other pasta of choice)
- 1 cup (30g) kale, finely shredded
- Pepper, to taste (optional)

## TOPPING

- 1 cup (125g) parmesan cheese, finely grated

## Method

1. Place garlic, onion, leek and celery into a high-speed food processor and process until finely grated.
2. Heat olive oil in a large pot.
3. Add onion mix and sauté for 3-4 mins or until softened.
4. Add carrot, zucchini and sweet potato and cook for 3-4 mins, or until softened.
5. Add beans, diced tomatoes, oregano, and stock and bring to a boil. Cover, turn heat to low and simmer for 20 mins or until vegetables have softened.
6. Add pasta and kale and cook for a further 10 mins or until pasta is al dente. Season with pepper, if desired.
7. Serve with grated parmesan cheese on top.

**Storing leftovers:** Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

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## Tips

- ✓ **For a dairy-free version:** Leave out parmesan cheese.
- ✓ **For a gluten-free version:** Swap wholemeal spirals for gluten-free pasta.
- ✓ **Easy ingredient swaps:** Use seasonal vegetables of any sort to mix it up a bit, such as green beans, fennel, pumpkin, cauliflower, broccoli, peas etc. You can swap the beans for legumes of choice.
- ✓ **For Fussy Eaters:** Puree the soup to a smooth consistency.
- ✓ **For a baby friendly version:** Serve mashed or in finger food-sized pieces.