



Minestrone Soup:

A serving of vegetables in Canada's Food Guide is 1/2 cup

A serving of meat and alternatives (cooked legumes) in Canada's Food Guide is 3/4 cup

Yield: About 5 - 6 servings

Preparation time: About 30 minutes Cooking Time: About 40 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 1 small onion, chopped • 1 garlic clove, grated with a micro-plane • 1 carrot, sliced • 1 celery stalk, sliced • 1 tsp. chopped fresh sage • 1 tsp. chopped fresh rosemary • 1 Roma tomato, seeded and chopped • 4 good sized Swiss chard leaves, torn into bite-sized pieces • 5 small new potatoes, chopped • 1 small zucchini, chopped • 1 small can (398 ml) cannellini beans, drained and rinsed • 1/4 cup chopped fresh parsley (optional) • 2 Tbsp. olive oil • 1 litre (1000 ml or 4 cups) chicken or vegetable stock • Salt and freshly cracked pepper, to taste • Grated Parmesan cheese, to garnish (optional) 	<ul style="list-style-type: none"> • Micro-plane • Small sharp knife • Strainer • Cutting board • 2 small-sized bowls • 2 medium-sized bowls • Wooden spoon • Large pot or stock pot with lid • Ladle

Method:

1. Cut the **onion** in half, from tip to the hairy root and peel it. Slice into 1 cm thick slices then cut each slice into 1 cm wide strips. Place in a *medium-sized bowl*.
2. Peel the **garlic** grate using a microplane. (If you don't have this tool, crush the garlic with the bottom of a pot). Add to the onion bowl.
3. If large, cut the **carrot** in half lengthwise (or have an adult do this for you). With the flat side down, cut into 1 cm wide slices. Add to the onion bowl.
4. Slice the **celery** into 1 cm wide pieces. Add to the onion bowl.
5. Pluck the **sage** and **rosemary** leaves from the stems, tear it into small pieces into the onion bowl.

6. Cut the **tomato** in ½ from tip to stem, then in ½ again. Remove the seeds into a compost bucket then chop into bite-sized pieces. Place in a *new small bowl*.
7. Chop or rip the **Swiss chard** into pieces and place in a *new medium-sized bowl*.
8. Cut the **potatoes** in half, and then cut into bite-sized pieces. Add to the Swiss chard bowl.
9. Cut the **zucchini** in half lengthwise. With the flat side down, cut into 1 cm-wide strips. Add to the Swiss chard bowl.
10. Open a can of **cannellini beans** and drain over the sink. Rinse in cold water, drain then place in the Swiss chard bowl.
11. Pull the leafy bits off of the **parsley stems** and tear into smaller pieces. Put in a *new small bowl*. This will be sprinkled on the soup before serving.
12. Place a large pot on the stove-top. Turn on the stove to a medium heat. Add the **olive oil** and let heat up for a minute. Add the **onion mixture** of vegetables to the pot and cook, stirring frequently, until the onions are yellow and translucent.
13. Add the **tomato** and cook until the tomato is very soft.
14. Stir in the **Swiss chard mixture** of vegetables.
15. Pour in the **stock** and give it all a stir. Season with a pinch of **salt** and a few grinds of freshly cracked **pepper**.
16. Put a lid on the pot and bring the soup to a boil. As soon as the soup comes to a boil, turn down the heat to low and simmer, stirring occasionally until the vegetables are tender when poked with a fork. Add a little water if the soup becomes too thick.
17. Stir in the **chopped parsley**, check the seasoning and serve.

Tasty Tips:

- You can add different vegetables to your soup. See what is in the garden, market or fridge and experiment.
- Grains, such as pasta, noodles or rice are nice in the soup instead of cannellini beans.
- The soup can be garnished with a little grated Parmesan cheese or a dollop of pesto.
- Take for lunch in a wide-mouthed thermos and enjoy with a slice of whole wheat bread, a cup of milk and a piece of fresh fruit.
- This would also make a very yummy dinner! Make a big batch and eat it for dinner and lunch.
- You can also make a big batch when you have time and freeze it for days when you don't have much time.



Day 3

Food for Thought Learning Log

...thinking carefully about what you learned and writing your thoughts

Think of what we learned today then list some food items you can add to your lunches to 'balance them'.

Did you try a new ingredient today? Which one (or two)?

There is an old Jewish proverb, "Worries go down better with soup." What do you think it means?

How did your group do today? Rate yourself on a scale of 1 to 5 (1 = we had some serious problems, 5 = it doesn't get any better than this). What can your group do to improve working together tomorrow?
