Slow cooked Minestrone Soup

This is a wonderful home cooked soup. So good for you and so tasty. It's **another perfect recipe** for the slow cooker. This recipe will make 4-6 servings and it is suitable to re-heat once, so reduce the ingredients rather than waste.

It is a very forgiving recipe so you can change it to suit your taste and product availability. Use organic seasonal produce. It may not be authentic Minestrone, but we like to add swede and turnip and we know vegetarians leave out the bacon and lots of people like to leave out the garlic. **Garlic has great medicinal benefits,** so use it if you can. We love pearl barley for the nutrition, the taste and the memories, so we swap it for some or all of the pasta. Sprinkle with cheese for extra nutrition and calories when you serve.

Serve in a mug or bowl and enjoy

Chop the ingredients small or keep them chunky depending on your requirements.

Ingredients:
1tbsp olive oil or butter
1 onion, chopped
1 clove garlic, crushed
100 g (3 ½ oz pancetta or streaky bacon)
2 carrots, chopped
2 sticks celery, chopped
1 x tin (400g/ 140z) chopped tomatoes
1 x tin (400g/14oz) cannellini beans, drained
1 litre (1 ¾ pints) organic vegetable stock or any other organic stock
½ Savoy cabbage, shredded
75 g (2½ oz) pasta or pearl barley or macaroni

Method
Preparation time : about 30min
Cook: 1½ hours on Low
Ready in: about 2 hours

1 For extra flavour you can fry onion, garlic and bacon for 5-10 minutes until golden
2 If frying, add carrots and celery and fry for a further 5 minutes.
3 Transfer to the slow cooker, Add tomatoes, beans, vegetable stock, cabbage and pasta and stir together.
4 Cook on Low for 1½ hours.
Alternatively add all the ingredients to the slow cooker and cook on low for 2 hours

We recommend this recipe but we are not responsible for the outcome of any recipe you try from our website. You may not achieve the desired results so please always use your best judgment especially when cooking with raw ingredients such as eggs, chicken or fish