



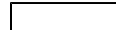
Julie Zyromski

Minestrone

Portions: 10

Preparation: 35 minutes

Cooking time: 60 minutes

 10



Ingredients

4 garlic cloves, chopped
1 yellow onion, finely diced
2 celery stalks, minced
4 carrots, finely diced
 $\frac{1}{4}$ cup (60 ml) olive oil
The meat of 4 Italian sausages
1 cup (250 ml) dry white wine
5 sprigs of fresh thyme
1 can 14 oz (398 ml) diced tomatoes
1 can 19 oz (540 ml) white beans, rinsed and strained
2 zucchini, finely diced
 $\frac{1}{4}$ cabbage, minced
8 cups (2 liters) salted chicken broth
7 oz (200 g) short pasta
Salt and pepper, to taste

Steps

1. In a large saucepan, cook over low heat garlic, onion, celery, and carrots in olive oil until tender (about 15 minutes).
2. Turn up the heat and add the sausage meat. Cook while stirring to break up the meat.
3. When cooked, deglaze with the white wine and let evaporate.
4. Lower the heat and add the other ingredients except the pasta and continue cooking for a minimum of 25 minutes.
5. 10 minutes before serving, add the pasta.

Note. I love to add Parmesan cheese rinds to the minestrone to flavour the broth. I keep them in the freezer until I need them.