

MINISTRONE SOUP

by Dr Jeremy Lanford



“What a better way to enjoy a cold winter day than with a warm bowl of soup. This will keep your belly full while warming you to the core.”

A warming and filling vegetable soup that helps to clean out the fridge!

Ingredients

- 8 cloves garlic, minced
- 8 sage leaves, chopped
- Needles from 2 rosemary sprigs, chopped
- 2 tbsp dried thyme
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 onion, chopped
- 1 x 400g can whole tomatoes, crushed
- 10 cups homemade vegetable stock
- 3 x 400g cans cannellini beans, drained and rinsed
- ½ bunch parsley, chopped
- Juice of 1 lemon
- 1 bay leaf
- Cracked pepper
- 200g wholemeal rigatoni pasta (or other shapes)
- 1 loaf wholemeal bread
- Optional: additional 1-2 garlic cloves

Directions

1. Preheat the oven to 200°C.
2. Sauté garlic, sage, rosemary, thyme, carrots, celery, and onion in a non-stick pan over medium-low heat until soft.
3. Add crushed tomatoes and cook for 5 minutes.
4. Add vegetable stock, cannellini beans, parsley, juice of 1 lemon and bay leaf and bring to a boil. Lower heat and simmer for 15 minutes.
5. Add rigatoni pasta to the soup during the last 5-6 minutes. Discard bay leaf and season with cracked pepper.
6. Slice the whole grain loaf of bread in half lengthwise. Heat in the oven for 5 minutes. Rub a peeled garlic clove over the sliced side to add flavor without adding oil or fat to the bread.
7. Pour the soup into bowls and serve with warm sliced bread.

Note: Extra hungry? Toss in half a cup of washed red lentils along with the stock to add further leguminous goodness!

PREP TIME: 15 MINS

COOK TIME: 40 MINS

TOTAL TIME: 55 MINS

SERVES: 8-10

Dr Jeremy Lanford is a plant-based physician and consultant neurologist, currently practising in Oregon, US. Jeremy has previously worked as stroke lead at a number of hospitals including Capital & Coast DHB Wellington, NZ. Discovering the benefits of a plant-based diet has allowed Jeremy to truly treat disease at the root cause.

