Minestrone

## Julie Zyromski

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

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

¼ 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.