Sides / Italy

Winter Vegetable Minestrone

A thick, rustic tomato-flecked soup crowded with butternut squash, savoy cabbage, borlotti beans, and little pasta, simmered with a Parmesan rind and rosemary until every spoonful tastes of the whole garden in January.

Time 90 min **Servings** 4

What you'll need.

- ☐ 60 ml Extra-virgin olive oil, plus more to finish
- ☐ 200 g Yellow onion, diced
- ☐ 150 g Carrots, diced
- ☐ 150 g Celery, diced
- ☐ 4 cloves Garlic, minced
- ☐ 30 g Tomato paste
- ☐ 1 sprigs Fresh rosemary
- ☐ 0.25 tsp Red pepper flakes
- ☐ 400 g Whole peeled tomatoes, crushed by hand, with juices
- ☐ 2000 ml Water or vegetable stock
- ☐ 60 g Parmesan rind
- ☐ 12 g Kosher salt
- ☐ 500 g Butternut squash, peeled and cut into 1.5 cm dice
- ☐ 480 g Borlotti (cranberry) beans, cooked (or canned, rinsed)
- ☐ 300 g Savoy cabbage, cored and shredded
- ☐ 120 g Small pasta (ditalini or small shells)
- ☐ 50 g Parmesan, finely grated, to serve

Let's make it.

01 Heat the oil in a 6–7 litre pot over medium-low heat. Add onion, carrot, and celery with a pinch of the salt and cook 12–15 minutes, stirring occasionally, until very soft and lightly golden. Add garlic, rosemary, and pepper flakes for 1 minute, then stir in the tomato paste and cook 2 minutes until it darkens.

02 Add tomatoes, water or stock, Parmesan rind, and the remaining salt; bring to a boil. Add squash and beans and simmer uncovered 25–30 minutes, stirring the bottom now and then, until the squash is tender and some cubes have started to break down into the broth.

03 Stir in the cabbage and simmer 10 minutes until silky and tender. Remove the rosemary stem and the Parmesan rind (chop any soft bits and return them). Taste for salt. If freezing, stop here: portion off what you'll freeze before adding pasta.

04 Bring the soup to a lively simmer, add the pasta, and cook 1–2 minutes longer than the package time, stirring often, until tender. Add water if it gets too thick. Serve with grated Parmesan and a drizzle of olive oil. To freeze: cool the pasta-free soup in shallow containers, refrigerate within 2 hours, and freeze up to 3 months; reheat to a simmer and cook fresh pasta right in it.

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Servings are an estimate; check quantities in the source recipe.
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