Minestrone

食谱作者 V-ZUG 瑞族



制备过程	50 分钟
烘烤的时间：烘烤时间取决于机器	30 分钟
份	4

Preparation

2 carrots

6 pascal celery stalks

3 courgettes

2 potatoes

6 cloves of garlic

2 onions

200 g bacon

Wash and peel the vegetables and potatoes and chop up into small pieces. Peel and finely chop the cloves of garlic. Peel and coarsely chop the onions. Cut the bacon into fine strips or cubes.

1 tbsp olive oil

1 tbsp tomato purée

400 g plum tomatoes, diced

1 bunch of parsley

1½ l vegetable bouillon

100 g borlotti beans, tinned

80 g spaghetti

1 handful of Parmesan shavings

Chop about 1 handful of parsley and set aside for the garnish. Bunch the rest of the parsley together with a rubber band.

Heat the oil in a wok and lightly brown the bacon. Add the carrot, celery, garlic and onion and sauté. Add the tomato purée and sauté briefly. Add the potatoes, plum tomatoes, bunch of parsley and vegetable bouillon, then bring the soup to the boil.

Allow the soup to simmer for about 30 minutes.

Put the spaghetti on a cloth, roll it up and pull it over the edge of a table to break the spaghetti into even pieces. Add the courgette, borlotti beans and spaghetti, bring the soup to the boil and then reduce the heat. Allow the soup to simmer until the spaghetti is cooked. Remove the bunch of parsley at the end.

Serve the soup garnished with the chopped parsley and Parmesan.

配件

Wok

附加信息

创建时间	11.12.2019