

LANCASHIRE MINESTRONE

Ingredients:

In the summer, you can source the vegetables from your local market or independent greengrocer.

- 1 white onion, peeled and diced
- 2 carrots, peeled and diced
- 2 sticks celery, diced
- 2 courgettes, diced
- 3 cloves garlic, peeled and crushed
- 200g plum tomatoes, roughly chopped
- 1 tsp chilli flakes
- 1 tsp dry oregano
- 2 bay leaves
- 150g dried chickpeas, soaked overnight
- 400g tin chopped tomatoes
- 1 ltr vegetable stock
- 300g broad beans, podded
- ¼ bunch parsley, chopped
- 1 tbsp rapeseed oil



Method:

1. Heat the rapeseed oil in a large pot and add in the onions, carrots, celery, and courgettes and cook gently until softened. Add in the garlic and plum tomatoes and cook for another minute more.
2. Next, stir in the chilli flakes, dry oregano and bay leaves, then add in the soaked chickpeas, chopped tomatoes and vegetable stock. Bring to a gentle boil and simmer for 10 minutes, then put a lid on the pot, wrap in a towel and transfer into the cooking bag for 3 hours.
3. Stir in the podded broad beans and chopped parsley, then season to taste.

CONTACT US



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The Larder is a social enterprise who believe in food fairness for all.

Our aim is to make fresh local produce affordable to people on low incomes, without farmers, animals and the environment bearing the cost.

We do this through our cafe and community hub, food academy, and many more food related initiatives.

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