



Minestrone with vegetable pesto

Ingredients (serves 10)

- 8 carrots
- 5 onions
- 5 cloves of garlic
- During season: 20 spears of asparagus (white or green), alternatively more of the other vegetables
- Approx. 250 g white or pointed cabbage
- 1300 g other vegetables, 2-3 different kinds e.g. mushrooms, kohlrabi, turnip, broccoli, fennel, celery, courgette, beans
- 750 g waxy potatoes
- 250 g small pasta
- 1250 g fresh tomatoes
- 1800 ml vegetable stock
- olive oil

Variation

- Add garlic to the pesto
- Add white beans (cooked or from a can)



Preparation

Minestrone

1. Cut all the vegetables into pieces with about the same size. Peel the potatoes and cut them into evenly sized pieces, approx. 2 cm. Finely dice the onions and garlic.
2. Put the asparagus peelings, the peelings from the carrot and, if necessary, other vegetable cuttings (such as the inside of the fennel, celery peelings, parsley root peelings, ...) into a saucepan, pour in 1.5 l of water and bring to the boil once, leave to infuse for 15 minutes.
3. Heat the olive oil in a pot. Add the cabbage and sauté until hot, then add the potatoes and carrots and sauté briefly. Make some space in the middle and fry the onions and garlic until they are translucent. Pour in 1.8 l of the vegetable stock.
4. Add the tomatoes. Now add the ingredients little by little, depending on how long they take - rely on your cooking instincts!
5. Add the grated parmesan, fresh, chopped herbs and season with salt, pepper, olive oil and a dash of balsamic vinegar (or lemon juice).

Pesto homemade

1. Crush the roasted sunflower seeds with chopped garlic cloves in a mortar until you get a fine cream.
2. Add the finely chopped basil, crush until a fine cream is formed, finally mix with Parmesan and oil, season to taste.

