

Sari's Gourmet Minestrone Soup: A Culinary Masterpiece for Busy Professionals

Batch cooking this delightful minestrone soup is not only a time-saver but a remarkable way to elevate your dining experience throughout the week. Craft this wholesome dish during your dinner preparations to maximise productivity and eliminate the hassle of daily meal planning. With just one cooking session, you can enjoy up to 20 nourishing meals—ideal for the discerning palate. Simply freeze in individual portions, and let sophisticated lunches become a reality.

Featuring a medley of anti-inflammatory vegetables, premium healthy fats, brassicas, vibrant leafy greens, aromatic garlic, gut-nourishing broth, and protein-rich beans and pasta, this soup ensures you meet all your dietary needs while indulging in rich flavours. I'm confident you'll relish this recipe as much as I do.

Yields a substantial batch – best prepared in a large 8-12L stainless steel pot, or halve the quantities as desired!

Ingredients:

- Tallow or a knob of butter with a splash of high smoke point oil (like grapeseed)
- 2-3 finely chopped onions
- 1.5kg diced organic [carrots](#) (skin on; optional: use a food processor)
- 2-4 finely sliced celery stalks, with some leaves included
- 5 parsnips, swedes, celeriac or rutabaga, diced (optional: use a food processor)
- Half a head of cauliflower or ½ cabbage, chopped
- 2kg diced 1cm cubes pumpkin or sweet potato (leave the peel on if organic)
- 5 crushed [garlic](#) cloves
- 2 litres of [beef, chicken, or vegetable broth](#)
- Dried herbs: 3 tsp each of oregano and thyme, 2 bay leaves, and 1 tsp red chili flakes (or fresh herbs like parsley, chopped coriander, thyme, or marjoram)
- 500g fresh green beans or frozen peas, cut into 1cm lengths

- 2 cans of kidney, Borlotti, or mixed beans, drained and rinsed
- 250g high-protein sorghum pasta or ancient grain alternative
- 2 cups of chopped spinach, kale, silver-beet, or any leafy green
- Sea salt to taste
- Spring or filtered water

Method for a Large Stock Pot (8-12 Litres):

1. In a hot large saucepan, melt a knob of tallow or butter with a splash of high-quality oil, then sauté onions and celery until softened.
2. Add all the vegetables except green beans/peas and leafy greens.
3. Pour in the broth and add any dried herbs. Bring to a boil, then simmer for 20-30 minutes until mostly cooked.
4. Add fresh herbs, green beans or frozen peas, rinsed canned beans, and pasta; cook according to pasta package instructions—approximately 12-15 minutes.
5. Stir in the chopped leafy greens and season with sea salt. Adjust consistency with filtered water, ensuring a nutrient-rich soup that's balanced between solids and liquids for optimal digestion.

Optional: Incorporate 2 tbsp of tomato paste or 2 cans of diced tomatoes when you add the beans and pasta; however, if you experience inflammation, consider minimising/avoiding tomato intake.

Bon Appétit! Enjoy this luxurious, nutrient-dense soup that nourishes both body and soul.