

Minestrone Soup with Tortellini

NEED:

Handful Italian parsley
2 cloves garlic
1 red onion, halved
1 chorizo sausage in pieces (approx 150g)
1 x 400g tin tomatoes
700g liquid stock of choice
2 stalks celery, sliced
1 potato, diced
A few mushrooms, sliced
1 carrot, diced
(or equivalent veggies of choice, diced and sliced)
1 tbsp dark brown sugar
1 tbsp balsamic vinegar
70g tomato paste
1 x 400g tin borlotti beans, drained
250g cheese tortellini
Garnish;
Grated Parmesan and lemon zest

DO:

Place parsley into HMP and chop **5 sec/speed 8**. Remove from HMP and reserve for garnish.

Place garlic, onion and chorizo into HMP and chop **3 sec/speed 8**.

Scrape sides of HMP and sauté **5 min/120°C/speed 2/pulse**.

Add all remaining ingredients except beans, tortellini and garnishes.

Cook **20 min/100°C/speed 1/pulse**.

Add beans and tortellini and cook **5 min/100°C/speed 1/pulse**. Allow to rest in HMP for at least 10 minutes prior to serving with chopped parsley, grated parmesan and lemon zest.

For a vegetarian version, omit the chorizo and add 20-30g EVOO prior to sautéing the onion and garlic.

Add a few more veggies of choice.