



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Minestrone

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1 big onion
1 cup white kidney beans
1/3 cup vegetable oil
1 medium leek
3 big cabbage leaves
1/2 bunch of parsley
1 celery leaf
2 garlic cloves
1 tbsp tomato paste
1 cup macaroni
7 - 8 cups broth or water
2 tsp salt
1/2 tsp black pepper

For Upper Side:
1 cup grated kasar cheese

- # Put vegetable oil, finely diced onion, finely sliced parsley and celery leaf and crushed garlic into the pot. Roast this mixture over medium heat, until the onion turns to transparent.
- # Add tomato paste on it and sauté mixture for a while more. Then, add broth or water in it, add salt and black pepper also, and let the mixture reach to the boiling temperature.
- # Meanwhile, put half of the boiled white kidney bean aside, and mash one of the parts to turn it to puree. Boil the cabbage leaves and cut them into small squares. Pound the macaroni also to turn it into chips.
- # Add white kidney beans, and puree, sliced cabbage leaves, and finely sliced leek into the boiling soup. Boil the soup for 15 more minutes.
- # Add the macaroni chips and turn the heat to low. Cook it for about 15-20 minutes more, then remove the pot from the stove.
- # Fill the hot soup into bowls and sprinkle grated kasar cheese all over them.

Note: Minestrone is a Tuscany style Italian soup.