

## Recipe: Lamb Minestrone Soup

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### Ingredients:

2 onions diced  
3- celery sticks diced  
2- potatoes diced  
3-carrots diced  
1-fennel diced?  
2-courgettes diced  
1-tin borlotti beans

### Method:

In the large saucepan sweat the onions first for 10 mins without color then add the rest of ingredients apart from the courgettes and beans and sweat for another 5-10 mins stirring frequently.

Add your stock just to cover 1 cm above the veg and cook for another 10 minutes then add the beans and courgettes

### For the stock

1-onion  
2-cloves garlic grated  
2-bay leaves  
1-tsp mixed herbs  
2-tins of tomatoes  
Or 1kg of fresh tomatoes diced  
1or 2 tblsp of tomato paste  
2-glasses of white wine (optional)

### Method:

Roast the bones in the oven to achieve a golden color

In the saucepan add 2 tablespoons of oil then the onion, sweat down to golden color add the tomatoes plus paste and cook for 5 minutes add bay leaf and garlic then the wine and reduce by 3/4 add the bones and cover with water at least 5 centimeters above the bones and cook for a minimum of 1 hour.