Pomì
O Così. O Pomì.

Autumn Minestrone

Preparation time: 45 min
Difficulty: Easy

Ingredients

- Carrots: 3
- Cherry tomatoes: 150 gr
- Frozen spinach: 200 gr
- Garlic cloves: 1/2
- Noodle rice: 200 gr
- Olive oil: 2-3 tbsp
- Parmesan {grated}: 50 gr
- Potatoes: 400 gr
- Red Onion: 2
- Salt & Pepper: to taste
- Small pumpkin: equals 400 g
- Some parmesan: for the garnish
- Sweet potato: 400 gr
- Vegetable soup: 750 ml

Preparation

1. Cook the pasta rice according to the package instructions until al dente, strain and set aside.
2. Peel and finely chop the onions and garlic cloves. Wash the potatoes, sweet potato and carrots and cut into bite-sized pieces. Wash and clean the pumpkin, remove the core and cut into bite-sized pieces.
3. Heat the olive oil in a large pot and sauté the diced onion and garlic until translucent.
4. Add the rest of the vegetables and sauté briefly. Pour in vegetable soup and strained tomatoes and cook until the vegetables are soft. Ten minutes before the end of the cooking time, add the frozen spinach and cook.
5. Stir the pasta rice and grated Parmesan into the finished minestrone and season with salt and pepper.
6. Serve the autumn minestrone garnished with fresh cherry tomatoes, some Parmesan cheese and basil.

For this recipe we used:

Strained Tomatoes 500 ml