

## Il minestrone della nonna (Grandma's minestrone)

This is my 'famous' recipe for the perfect minestrone, the best meal for any rainy day!



### Shopping list

(2 servings as a main course)

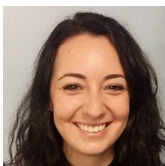
- 1 medium sized onion
- 1 medium carrot
- 1 stick of celery (leaves included)  
or a couple of sticks if you use the heart of the celery
- 1 zucchini
- 2 small potatoes
- 1 leek
- Vegetable stock
- Fresh rosemary
- Tomato paste
- Salt and pepper
- Olive oil
- Half a glass of white wine

### Method

Start off by chopping all the vegetables into small cubes. Add the chopped onion, celery and carrots to a pot and cook with two spoons of olive oil on low heat for 5 minutes. When the leaves of the celery look soft, add zucchini and leek, stir, and let it cook for another 5-8 minutes. Add the potatoes and keep stirring, adding salt to your taste and the half glass of wine. Stir well and let cook until the wine has evaporated and the vegetables look soft.

Cover the vegetables with plenty of boiling water and add a vegetable stock. Let cook for 15 minutes, then add a tablespoon of tomato paste and two sprigs of rosemary (tie them up with string or the leaves will go loose and be annoying when you eat). Let cook for another 15 minutes, or until the vegetables look ready to your taste – I like my minestrone not very watery and with over cooked vegetables.

**Buon appetito!**



Contributed by  
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One in a series of recipes contributed by our volunteers

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