



Smokey Jo's Minestrone Soup Recipe

Serves 4

4 x tablespoons [Fino Extra Virgin Olive Oil](#)

1 x large carrot peeled & diced

2 x celery sticks diced

1 x large onion diced

4 x garlic cloves grated

400ml chicken/ham/turkey/game stock

1/2 x jar of tomato passata or chopped tomatoes

2 bay leaves

A handful of chopped parsley (keep finely chopped stalks separately)

[125g Black Mountains Smokery Honey Glazed Free Range Ham](#)

1 x parmesan rind

100g potatoes peeled & cubed

100g small pasta (macaroni/conchigliette/ditali piccoli)

100g frozen peas

1x tin borlotti beans/cannellini beans

Soften the carrot, celery and onion in the olive oil. Add the garlic and chopped parsley stalks cook for a few minutes.

Then add passata, stock, parmesan rind, cubed potato and simmer until potato nearly cooked.

Add the pasta and after 5 minutes the beans and the diced ham, return to simmer adding more stock if needed.

Finally add the peas and return to simmer by which time they will be cooked.

Finish with parsley and extra grated parmesan and serve with fresh buttered sourdough bread.