

Artichoke Minestrone



R & J Mazza
GLOBE ARTICHOKE

*This delicious and healthy recipe was provided by a fellow lover of artichokes. I first saw this on the Instagram account **feedyourmates**. Obviously, both nutritious and tasty, I felt compelled to ask for the recipe so I could add it to the website. Thank you for allowing me to add it. We love your collection of posts. All perfect for the health conscious person!*

Ingredients

2 onions,
2 carrots,
6 garlic cloves, minced,
1 large courgette,
1 yellow courgette,
3 sticks celery,
2 teaspoons dried oregano,
3 teaspoons smoked paprika,
800g can diced tomatoes,
1 litre chicken or vegetable stock,
300g artichokes hearts, halved,
salt and pepper, to taste,
25g basil leaves (roughly torn)
150g Cavallo Nero (Italian kale, striped from the stem and roughly shredded)



Method

1. Dice all the vegetables to the same size, about 1cm by 1cm. Fry the onions and carrots for roughly 10 minutes in olive oil, stirring occasionally.
2. Add the garlic, courgettes and celery and fry for a further 5-10 minutes until they are slightly softened. Then add the oregano & paprika, and stir through. Add the tomatoes and stock. Simmer for 20 minutes or until the carrot is soft.
3. Add the artichokes and basil and stir through, season to taste.
4. To serve put Cavallo Nero in bowls and ladle over the hot soup.
5. Serve with crusty bread, if preferred.

Serves 4-6

