

# SMOKEY JO'S HEARTY MINESTRONE SOUP

Serves 4

## Ingredients

4 tablespoons [Fino Extra Virgin Olive Oil](#)  
1 large carrot peeled & diced  
2 celery sticks diced  
1 large onion diced  
4 garlic cloves grated  
400ml chicken/ham/turkey/game stock  
1/2 jar of tomato passata or chopped tomatoes  
2 bay leaves  
A handful of chopped parsley (keep finely chopped stalks separately)  
200g [Black Mountains Smokery Honey Glazed Free Range Ham](#)  
1 x parmesan with 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 a pan with the [olive oil](#). Add the garlic and chopped parsley stalks cook for a few minutes.

Then add passata, stock, parmesan rind, cubed potato and the bay leaves then 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](#).

Enjoy!