

Vegetable soup with spelt *(Soups)*



Preparation

Cut all the vegetables into medium sized chunks. Heat the lard with a little olive oil. Then add the vegetables and fry for a few minutes. Add the hot water, the grains and lentils, and a pinch of salt. Cook for an hour and a half, stirring every 10 minutes. Add water after 45 minutes and continue cooking. Once ready, serve with a drizzle of olive oil.

Tips

To make this dish more palatable for children you can prepare the minestrone by pureeing the vegetables in a blender and adding some short pasta. To give a touch more taste you could try the Ligurian variant: in this region of northern Italy it is customary to add a tablespoon of pesto. It's delicious!

Trivia

You can find many different varieties of cabbage, such as the Purple Verona, the Vetus, the San Martino d'Asti and the Monarch. Moreover, there are other hybrid varieties: Eco, Icequeen Prince, Hamasa, Wirosa and Perfection Drum.

Information

Preparation 120 minutes

Total Time 120 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Tomatoes 140 grams

Courgettes 120 grams

Savoy cabbage 50 grams

Barley 50 grams

Carrots 120 grams

Onions 50 grams

Spelt 50 grams

Lentils 50 grams

Pancetta 50 grams

Water 1500 millilitres

Salt

Oil