

Shopping List and Equipment

Menu 113: Spaghetti Carbonara and Vegetable Minestrone

Ingredients

400g spaghetti	½ tsp sage
2-3 tbsp organic grass fed butter	1 bay leaf
100g pancetta, cubed (or prosciutto, sliced thinly)	1 cup diced potato
1 garlic clove, smashed	half a can of white (Cannellini) beans
2 eggs, beaten	1 ½ cups diced zucchini
40g Parmiggiano Reggiano, freshly grated	salt and pepper, to taste
40g pecorino cheese, freshly grate	Parmiggiano Reggiano or pecorino
salt and pepper, to taste	cheese, grated, for garnishing
2 tbsp olive oil	A few sprigs flat leaf parsley, chopped for
½ large yellow onion, chopped	garnish
1 carrot, peeled and diced	
½ cup chopped celery stalk w/ leaves, chopped	
5-6 cups organic chicken or vegetable stock	
1 cup white wine	
4 plum tomatoes, chopped (or 1 canned whole peeled tomatoes, crushed)	
1 tsp oregano	

Equipment

Stockpot