



📷 Steam genie: Rachel Roddy's pressure-cooker autumn minestrone can also be made in an ordinary pan. Photograph: Rachel Roddy/The Guardian

## **November stew or soup with pumpkin, potato, beans and greens**

Prep **15 min**

Cook **20 min**

Serves **4**

**4 tbsp olive oil**

**1 onion**, peeled and diced

**1 garlic clove**, peeled and thinly sliced

**1 carrot**, peeled and diced

**1 celery stick**, diced

**Salt**

**400g peeled pumpkin flesh**, cut into large chunks for stew or small for soup

**400g potato**, cut into large chunks for stew, or small for soup

**1 tomato**, crushed, or 1 tsp tomato concentrate

**1 sprig fresh rosemary**

**1 parmesan rind**

**Vegetable stock, bean broth or water** - 1½ litres for soup or 500ml for stew)

**400g cooked borlotti beans**

**200g greens** (cabbage, chard, sturdy spinach), cut into ribbons

**150g broken spaghetti** (if you are making soup)

Put the oil, onion, garlic, carrot, celery and a pinch of salt in a pressure cooker and fry gently until the vegetables are starting to soften and smell good. Add the pumpkin, potato, tomato, rosemary and parmesan rind, cook for a minute, then cover with the stock or water. Secure the lid and put the pan on to the heat, and bring up to pressure. Then, once steam is released, lower the flame and continue cooking for eight minutes (or according to the manufacturer's instructions).

Open the pot, add the beans, greens and spaghetti (the latter only if you are making soup), close securely again and bring up to pressure for five minutes more. Serve immediately.

To make this in an ordinary pan, simmer the pumpkin and potato mixture for 25 minutes before adding the beans, greens and spaghetti and cook for a further 10 minutes, or until pasta is cooked as you like it.

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