

minestrone



SAMPLE RECIPE TAKEN FROM COOKIE&KATE.COM

| MAKES 6 BOWLS

INGREDIENTS

- 4 tbsp extra-virgin olive oil, divided
- 1 medium yellow onion, chopped
- 2 medium carrots, peeled & chopped
- 2 medium ribs celery, chopped
- ¼ cup tomato paste
- 2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans or peas all work)
- 4 cloves garlic, pressed or minced
- ½ tsp dried oregano
- ½ tsp dried thyme
- 1 large can (28 oz) diced tomatoes, with liquid
- 4 cups vegetable broth
- 2 cups water
- 1 tsp fine sea salt
- 2 bay leaves
- Pinch of red pepper flakes
- Black pepper
- 1 cup orecchiette, elbow or small shell pasta
- 1 can Great Northern beans or cannellini beans, rinsed & drained,
- 2 cups chopped kale, spinach, or collards
- 2 tsp lemon juice



DIRECTIONS

1. Warm 3 tbsps of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste & a pinch of salt. Cook, stirring often, until the vegetables have softened & the onions are turning translucent, (7-10 min)
2. Add the seasonal vegetables, garlic, oregano & thyme. Cook until fragrant while stirring frequently (2 minutes.)
3. Pour in the diced tomatoes & their juices, broth & water. Add the salt, bay leaves & red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high & bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes, then remove the lid & add the pasta, beans & greens. Continue simmering, uncovered, for 20 minutes or until the the pasta is cooked al dente & the greens are tender
6. Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice & remaining tbsp of olive oil. Taste & season with more salt (I usually add about ¼ tsp more) & pepper.

NOTES FROM STEVE & LISA NEUMUTH

The word minestrone translates into a thick vegetable soup. It always contains beans of some sort and can have noodles or even rice. There is no set recipe for minestrone. It's usually made out of whatever vegetables are seasonal or on hand. It can be vegetarian, vegan, contain meat, or be made with a bone broth, such as chicken, moose or beef. The recipe that I am giving you here should be used as a guide. If you don't have every item available, you can substitute as you see fit.

Here is a sample recipe from Cookie +Kate (available on line.) I never stick to a recipe! Every soup I make is slightly different from the last one depending on the vegetables at hand and the stock I want to use. So don't be afraid to be creative with it!

