



Classic Minestrone Soup

Ingredients

4 tablespoons extra-virgin olive oil, divided
1 medium yellow onion, chopped
2 medium carrots, peeled and chopped
2 medium ribs celery, chopped
2 tablespoons tomato paste

2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans all work)
4 cloves garlic, pressed or minced
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme

1 large can (28 ounces) diced tomatoes, with their liquid
6 cups (32 ounces) vegetable or chicken broth
1 teaspoon fine sea salt
2 bay leaves
Pinch of red pepper flakes
Freshly ground black pepper

1 cup dry ditalini, elbow or small shell pasta (really up to you!)
1 (15 ounces) can Great Northern beans or cannellini beans reserve liquid or 1 1/2 cups cooked beans
2 cups baby spinach, chopped kale or chopped collard greens
2 teaspoons lemon juice

2 Tablespoons Basil Pesto (optional)

Freshly grated Parmesan cheese, for garnishing (optional)

Instructions

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is hot, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook on low to medium heat stirring often, until the vegetables have softened and the onions are turning translucent, about 5 to 7 minutes.
2. Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
3. Pour in the diced tomatoes and their juices, and broth. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high and bring the mixture to a boil. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes. Add the pasta, beans and greens. Continue simmering, uncovered, for around 20 minutes or until the the pasta is cooked al dente and the greens are tender.
6. Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Season to taste with more salt and pepper . Garnish bowls of soup with basil pesto drizzle and grated Parmesan. ENJOY!

Equipment:

Cutting board

Chef knife

Stock pot or Dutch oven

Bowl with water

Peeler

Can opener

Stirring Spoon

Ladel

Serving bowl