



Hearty Minestrone

Makes 6 servings ~ \$14.60 (\$2.43 per serving)

Minestrone makes a delicious meal in one pot. In Italy there are many kinds of minestrone soup. This version uses kale, a highly nutritious green leafy vegetable. Cabbage, spinach, or Swiss chard would also be good choices of greens in this soup.

Ingredients

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| 2 tablespoons olive oil | 1/4 teaspoon freshly ground black pepper |
| 1/2 medium onion, chopped | 1 zucchini, quartered lengthwise and thinly sliced |
| 2 garlic cloves, chopped | 1 (15-ounce) can white beans (navy, cannelloni, or kidney beans) |
| 1 celery stalk, chopped | 1 cup frozen Italian green beans |
| 1 carrot, cut into 1/4 inch pieces | 3/4 cup chopped kale |
| 1/4 teaspoon dried thyme | 2 tablespoons chopped parsley |
| 1 cup crushed tomatoes | 2 teaspoons chopped fresh basil
or 1/4 teaspoon dried basil |
| 2 cups broth, chicken or vegetable | 3/4 cup small whole wheat pasta, cooked |
| 2 cups water | Shredded Parmesan cheese for topping |
| 1 bay leaf | |
| 1/8 teaspoon dried oregano | |
| 3/4 teaspoon salt | |

Directions

1. Wash the vegetables. Heat the olive oil in a large pot. Add the onion and garlic and sauté for 3 to 5 minutes over medium high heat until softened. Add the celery and carrots. Cook for 5 to 7 minutes, stirring often.
2. Stir in the crushed tomatoes. Add the broth, water, bay leaf, oregano, thyme, salt, and pepper. Increase the heat to high and bring to a boil. Stir in the zucchini, canned beans, and green beans. When the soup returns to boiling, reduce the heat to medium and simmer, partially covered, for about 15 minutes, until all the vegetables are tender.
3. Add the chopped kale and parsley, and cook for several minutes more, until the greens are wilted. Stir in the chopped basil.

To serve:

Spoon pasta into the bottom of the bowl. Ladle hot soup over the pasta and top with shredded Parmesan cheese.

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