

Hearty Homemade Minestrone

Swick

Serves 1 | Active Time: 1 hour 10 minutes | Total Time: 1 hour 10 minutes

Chef's Notes

For a complete plant-based (vegan) version of this soup omit the pancetta and use a vegan pesto and parmesan cheese, if desired.

Feel free to remove the parmesan rind prior to service.

Preparing Your Mise en Place

*If cooking dried beans from scratch, soak over night and cook them first. If using canned cannellini beans, drain and rinse with cold water and set aside.

**Note: For a complete plant-based (vegan) version of this soup omit the pancetta and use a vegan pesto and parmesan cheese, if desired.

To prepare your mise en place, finely dice the pancetta (if using). Émincé the garlic lengthwise. Cut the carrots, celery and onion all into medium-dice pieces. Drain, seed and chop the tomatoes (the remaining juice can be used in another recipe). Set aside.

Note: De-seeding the tomatoes is optional, but it is highly recommended because the seeds can often be bitter.

Step 1: Preparing Your Mise en Place

- 1/2 cup dried cannellini beans*
(approx. 1 cup cooked)
- 2 oz pancetta** (optional)
- 3 large garlic cloves
- 1/2 cup carrots (approx. 2)
- 1/2 cup celery (approx. 2)
- 1 1/2 cups onion (1 medium)
- 1 - 15 oz can whole tomatoes

Starting the Soup

To start the soup, heat a large, heavy-bottomed pot over medium-heat. Add the olive oil followed by the pancetta. Cook it until it is light-golden in color.

Add the carrots, celery and onion along with a pinch of salt. Sweat the mirepoix (you may have to turn the heat down slightly) for about 8 to 10 minutes or until the vegetables soften but do not brown. Add the garlic and cook until it starts to soften and release its aroma (do not let the garlic brown either).

Next, add the chopped tomatoes, bouquet garni and the parmesan rind, followed by the vegetable stock or chicken stock. Bring the soup to a simmer and let cook for about 15 minutes, stirring occasionally.

Step 2: Starting the Soup

- 1 tbsp olive oil
- pinch of sea salt
- 3 large sprigs fresh thyme
- 1 bay leaf
- 1 Parmesan rind (optional)
- 12 cups stock (vegetable or chicken)

Preparing the Other Vegetables & Pasta

Peel and cut the potatoes into medium dice and place into cold water. Dice the zucchini the same size.

Trim the kale from the stem and cut or tear the leaves into rough, bite-sized pieces. Wash and spin dry. Set aside.

Once the soup has simmered for about 15 minutes, start to cook the pasta in a pot of salted water.

Bring a medium pot of cold water to a boil. Season with salt (about 1 teaspoon per liter/quart of water). Add the pasta and cook until al dente.

In the meantime, go ahead and finish the soup.

Step 3: Preparing the Other Vegetables & Pasta

- 1 1/2 cups Yukon gold potatoes
(about 2 medium)
- 1 cup zucchini
- 4 cups kale
- 2 oz tubetti pasta (or 1/3 cup of
other small, dried pasta)
- salt (for cooking pasta)

Finishing the Soup

Once the soup has simmered for about 15 minutes and you have started to cook the pasta, add the potatoes to the soup and simmer gently for about 10 minutes. Then add the zucchini, beans, and kale and simmer for another 5 minutes.

Adjust the seasoning.

Add the pasta prior to service to maintain the best texture. Adjust seasoning, as needed.

Step 4: Finishing the Soup

- sea salt, to taste
- freshly ground black pepper, to
taste

Garnishing and Serving the Soup

To serve the soup, ladle it into warm bowls. Garnish with a dollop of pesto and top with Parmesan cheese. Drizzle with extra-virgin olive oil and serve immediately.

Step 5: Garnishing and Serving the Soup

- pesto (optional)
- grated Parmesan cheese (optional)
- extra-virgin olive oil (optional)