

Minestrone Soup

Swick

Serves 6 to 8 | Active Time: 30 minutes | Total Time: 45 minutes

Step 1: Preparing Your Mise en Place

- 1 cup cooked cannellini beans
- 3 large garlic cloves, émincé
- 1 1/2 cups medium diced onion
- 1/2 cup medium diced celery
- 1/2 cup medium diced carrots
- 1 - 15 oz can whole tomatoes, drained, deseeded and diced

*If cooking dried beans from scratch, soak 1/2 cup of beans over night and cook them first. If using canned cannellini beans, drain and rinse with cold water and set aside.

Next, prepare the remaining mise en place.

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

Step 2: Starting the Soup

- pinch of sea salt
- 3 large sprigs fresh thyme
- 1 large bay leaf
- 6 to 8 cups stock

To start the soup, heat a large, heavy-bottomed pot over medium heat. Add the carrots, celery, and onion along with a pinch of salt. Dry-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, fresh thyme, and bay leaf, followed by the stock. Bring the soup to a simmer and let cook for about 15 minutes, stirring occasionally.

Note: The amount of stock needed will ultimately depend on how thick or hearty you want the soup to be.

For the stock, use a good vegetable stock or Mushroom Stock or use this Faux Chicken Bouillon Powder to make a quick stock.

Step 3: Finishing the Soup

- 1 cup medium diced zucchini
- 4 cups kale, torn into pieces
- 1 1/2 cups medium diced Yukon gold potatoes OPTIONAL
- 1 cup cooked small pasta, (such as tubetti) OPTIONAL
- sea salt, to taste
- freshly ground black pepper, to taste

Once the soup has simmered for about 15 minutes, add the potatoes to the soup (if using). Simmer gently for about 5 minutes then add the zucchini and beans, followed by the drained the cooked pasta (again, if using). Season to taste.

Lastly, add the kale and simmer for another 2 or 3 minutes.

Step 4: Serving the Soup

- 1 to 2 tbsp Kale-Basil Pesto, per bowl (highly recommended)
- 1 to 2 tbsp Plant-Based Parmesan, (highly recommended)

To serve the soup, ladle it into warm bowls. Garnish with a dollop of Kale & Basil Pesto and top with some Plant-Based Parmesan. Serve immediately.