

Tuscan Minestrone

(10 servings)



Ingredients

1 Onion, diced

2 med Carrots, peeled & diced

2 stalks Celery, diced

3 tbsp Olive Oil

1 clove Garlic, minced

2 cups fresh Tomatoes

1 tsp Cayenne Pepper

1 Potato, peeled & cubed

1 can Canellini (or Navy) Beans, drained & rinsed

6 cups Chicken Broth

2 Bay Leaves

1 tsp fresh Thyme

Parmigiano Cheese rind, optional but strongly recommended!

1 cup green Beans, cut into 1" pieces

1 med Zucchini, diced

1 cup sm Pasta, Elbow Macaroni; small Shells or Ditalini

2 cups fresh Spinach

Fresh chopped Parsley for garnishing

Grated Parmigiano Cheese for serving

Salt & Pepper, to taste

Directions

Begin by washing, peeling and chopping all the vegetables.

Dice vegetables roughly the same size to ensure even cooking time.

In a large pot, heat olive oil and sauté onion, carrots and celery until soft, 7-8 minutes.

Stir in minced garlic and cook, stirring, for 1 minutes.

Add a pinch of salt.

Stir in the tomatoes and cook for 3 minutes, breaking them up into small pieces with a wooden spoon.

Add the cubed potato and cook, stirring, for 2 minutes.

Stir in a pinch of salt.

Pour in water (or chicken broth); beans; aromatics and Parmigiano rind.

Bring to a boil, then lower to a simmer and cook covered for 20 minutes.

Stir in green beans; zucchini and a pinch of salt.

Cover and cook for 10 minutes.

Add the pasta of your choice and cook, loosely covered, until al dente or according to the package instructions.

In the last 5 minutes of cooking stir in the spinach.

When done, remove and discard the bay leaves and Parmigiano rind (can be eaten).

Adjust seasoning, if needed.

Drizzle a little extra olive oil over the top.

Garnish with chopped parsley and serve hot with grated Parmigiano at the table.