

MINISTRONE SOUP

Minestrone is a hearty Italian classic. It's a thick tomato-based soup with loads of vegetables, beef, and pasta. *Minestrone* means "big soup" thanks to the multitude of veggies that are thrown in. It's known for being made according to what vegetables are in season, so you won't find one recipe set in stone! Kick it up a notch and top with Parmesan, fresh parsley, or croutons!



Ingredients

- 1 lb ground beef
- 1 onion
- 1/2 head of napa cabbage
- 2 carrots
- 3-5 potatoes
- 3/4 cup cooked red beans
- 1/2 lb pasta
- 1 green pepper
- 1 box chicken broth
- 3 oz tomato paste

From your pantry

- 3-4 cloves of garlic
- 1 Tbsp. Italian seasoning
- 1 tsp. Red pepper flakes
- 1 Bay leaf
- Oil
- Salt and pepper

Equipment:

- Large pot

PREPARATION: 15 MIN

COOKING: 30 MIN

READY IN: 45 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

1. Cut **onion** in half and peel; then medium dice. Mince or grate **garlic**. Cut **napa cabbage** in half, thinly slice one half and reserve the other for another use. Cut **carrots** in half and slice into half moons about 1/2" thick. Chop **potatoes** into 1" pieces. Remove core from **bell pepper** and dice.
2. Heat 1 tbsp oil in a large pot over medium heat. Add **ground beef, salt, and pepper**, breaking apart with a spoon until fully cooked. Add **onions, cabbage, carrots and potatoes**. Sauté another 4-5 min. Add **garlic, italian seasoning, bay leaf, and red pepper flakes**. Cook another 1-2 min. Add **tomato paste** and cook another minute or two until aromatic and beginning to caramelize.
3. Add **1.5 cups water, chicken broth and pasta***, stir to incorporate. (* If using lasagna noodles, break into bite sized pieces). Bring to a boil then reduce heat to simmer. Cook simmering for 8-12 min or until pasta is al dente.
4. Add **beans, bell pepper** and a pinch of salt and pepper to taste. Let simmer for another 4-6 min until broth thickens.
5. Divide minestrone between bowls. Enjoy!

Tips, Tricks, and Terms

DON'T BE SHY... MAKE A LOT

"I like to make a big pot of soup at the beginning of the week, specially in winter. Mondays I'm more motivated to cook and then, if all else fails or a day goes sideways, there is always soup." - Dani

Soup is a great way to stretch meals and pack vegetables, grains, proteins, and cozy feels into one place! We recommend making a lot and freezing it. Typically, foods surrounded by liquid (like soups or sauces) freeze well because the liquid helps preserve the other ingredients.

Freeze your Minestrone in bags or reusable containers. For best results, leave the noodles out and add them fresh after the soup is thawed!



A little about...

TOMATO PASTE : one of our favorite pantry staples for adding slow-cooked, deep flavor to quick dishes! Made from tomatoes cooked until most of the liquid has evaporated, you only need a small amount for a big boost of flavor. Not using the whole can? Leftover paste freezes really well!

RED BEANS: similar to kidney beans but smaller and a little pinker, red beans go great in soups, chilis, or Red Beans and Rice! Look for no sodium added canned varieties or cook up dry beans for cost savings, better flavor, AND a delicious broth to use.



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