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Comforting Minestrone Soup

Serves 4 - 6

Minestrone, a classic Italian soup, features a wide range of vegetables, beans, and pasta. Our recipe version focuses on techniques for building great flavor in stages. The result? Deep, rich, satisfying tastes and textures without being over-cooked. You'll find this soup highly flexible -- use seasonal vegetables, or whatever you have on hand. We think you'll agree that this minestrone easily earns its reputation as a healthy, winter comfort food.

Ingredients:

4 tablespoons olive oil 1 yellow onion, diced

3 celery stalks, dice

2 carrots, cut on the bias into slices

2 small potatoes, cut into 1/2" cubes

3 cloves garlic, minced

1/2 tablespoon tomato paste

2 bay leaves

1 Parmesan cheese rind

1 can (28 oz) diced tomatoes

6 cups vegetable broth

1 can (15.5 oz) Great Northern beans

1 can (15.5 oz) butter beans

1 cup ditalini pasta (or other small pasta)

1/2 teaspoon Kosher salt

1/2 teaspoon pepper

2 sprigs fresh thyme

1/4 teaspoon red pepper flakes

1 tablespoon red wine vinegar

1 cup frozen peas

3 cups chopped kale

Parmesan cheese, shaved, for serving

Directions:

- 1. Start by making the mirepoix. Heat the olive oil in a large Dutch oven over medium-high heat. Add the onions and sauté for about 3 minutes until softened. Add the celery and carrots, and continue to cook for another 3-5 minutes, or until softened.
- 2. Add the potatoes and garlic and continue to cook for another 5 minutes. Stir in the tomato paste.
- 3. Add the bay leaves, Parmesan rind, canned tomatoes, vegetable broth, Great Northern and butter beans, ditalini pasta, salt, pepper, thyme, and red pepper flakes. Bring to a boil over medium-high heat.
- 4. Reduce the heat to medium-low and simmer the soup for another 20-25 minutes. Use tongs to remove the Parmesan rind, bay leaves, and thyme stems.
- 5. Stir in the red wine vinegar, frozen peas, and chopped kale. Cook for one more minute, or until the kale just begins to wilt. Serve with shaved Parmesan cheese as a garnish on top.