RECIPE

Minestrone with Kale

A vegan dinner soup of beans, tomatoes, small pasta and kale with lemon, about 368 mg sodium and 278 kcal a bowl.

MAKES

6 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion (about 7 oz), peeled and chopped
- [ ] 3 medium carrots (about 6 oz), peeled and diced
- [ ] 3 stalks celery, diced
- [ ] 1 medium zucchini (about 7 oz), diced
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 ½ tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] ½ tsp dried thyme
- [ ] 2 bay leaves
- [ ] 1 can (28 oz) no-salt-added diced tomatoes, with juice
- [ ] 6 cups water
- [ ] ¾ tsp salt

Method

1. Warm the oil in a large pot on medium. Cook the onion, carrots and celery 8 minutes, stirring now and then, until the onion is soft.
2. Add the zucchini and cook 3 minutes more. Stir in the tomato paste, garlic powder, oregano, basil and thyme. Cook 2 minutes, until the paste darkens a shade.
3. Pour in the tomatoes with their juice and the water. Add the bay leaves, salt and pepper. Bring to a boil, then turn down to a gentle simmer.
4. Simmer, partly covered, 25 minutes, until the carrots are tender.
5. Add both cans of beans and the pasta. Simmer 10 to 12 minutes, stirring often, until the pasta is tender. A mile up water boils lower, so taste a piece at 10 minutes rather than trusting the box.

- [ ] ½ tsp black pepper
- [ ] 1 can (15 oz) no-salt-added cannellini beans, drained and rinsed
- [ ] 1 can (15 oz) no-salt-added kidney beans, drained and rinsed
- [ ] ¾ cup small dry pasta, such as ditalini
- [ ] 6 oz kale (about 6 loose cups), stems removed, chopped
- [ ] 2 tbsp lemon juice
- [ ] 2 tbsp chopped fresh parsley

6. Stir in the kale and cook 3 to 4 minutes, until it is bright and soft. Take out the bay leaves.

7. Stir in the lemon juice and parsley. If the soup is too thick, add water, ½ cup at a time.

8. Cool no more than 2 hours, then refrigerate, covered, up to 4 days. Reheat to a boil, adding water, since the pasta keeps drinking.