

# Minestrone Soup

Healthy Panthers  
Brushton-Moira Central School; Middle School Division



2013

## **Ingredients:**

1 Tbsp	Olive Oil
3 drops	Liquid Smoke
1 clove	Garlic, Peeled and Chopped*
1	Red Onion, Peeled and Finely Chopped*
2	Carrots, Washed and Chopped*
1	Celery, Stalk, Diced
1	Zucchini, Small, Chopped
1	Leek, Small, Washed and Chopped
½ tsp	Oregano, Dried
1	Bay Leaf
½ tsp	Basil, Dried
2-13.5 oz cans	Tomatoes, Diced, No Salt Added**
1	Potato, Large, Scrubbed and Diced*
1-15.5 oz can	Garbanzo Beans, Drained and Rinsed**
5 cups	Low Sodium Vegetable Broth
Large Handful	Kale, Curly, Stalks Removed, Chopped*
1 cup	Whole Grain Rotini Pasta**
1/8 tsp	Salt
Large Pinch	Freshly Ground Black Pepper
¼ cup	Parmesan Cheese
Loaf	Multi-Grain Bread*
¼ lb	Butter

## **Directions:**

1. Heat a large pot over medium heat and add the olive oil. Add the garlic, onion, carrots, celery, zucchini, leek, oregano, basil and bay leaf and cook slowly for about 15 minutes, stirring now and then, until the vegetables have softened.
2. Add the tomatoes, potato, chick peas, vegetable broth, and liquid smoke. Cover with a lid and bring everything slowly to a boil. Simmer for about 30 minutes, and then check (with the tip of a paring knife) that the potato is soft and cooked through.
3. After that, add kale and whole grain pasta, and cook for 10 minutes, until the pasta is cooked. If the soup is too thick for you after cooking the pasta, thin it with a little more broth or water.
4. Finish by seasoning with a little salt and black pepper.

Serve soup with a slice of bread and grated parmesan cheese.

\*Local Product

\*\* Commodity (USDA) Product