



COOKS ON MAIN

the culinary cornerstone for the everyday chef

244 Main Street | Williston, ND | 701.572.2665 | cooksonmain.com

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 can (15.5 oz) Great Northern beans
1 yellow onion, diced	1 can (15.5 oz) butter beans
3 celery stalks, dice	1 cup ditalini pasta (or other small pasta)
2 carrots, cut on the bias into slices	1/2 teaspoon Kosher salt
2 small potatoes, cut into 1/2" cubes	1/2 teaspoon pepper
3 cloves garlic, minced	2 sprigs fresh thyme
1/2 tablespoon tomato paste	1/4 teaspoon red pepper flakes
2 bay leaves	1 tablespoon red wine vinegar
1 Parmesan cheese rind	1 cup frozen peas
1 can (28 oz) diced tomatoes	3 cups chopped kale
6 cups vegetable broth	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.