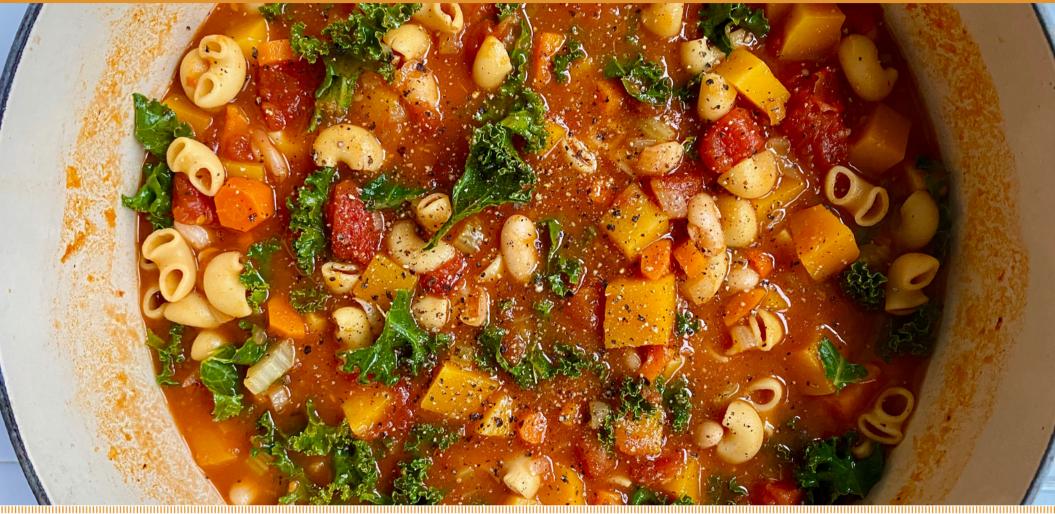


## FALL HARVEST MINESTRONE SOUP



A warming and deeply nourishing minestrone filled with hearty autumnal vegetables, creamy white beans, and tender macaroni noodles. A bowl of this will leave you feeling satisfied, comforted and always going back for seconds!

## WHAT YOU'LL NEED

- 2 large pots

- Oil - Salt - Pepper



2 servings	4 servings
2 cloves 1 1 stalk 1 tsp 2 cups 1/2 cup	4 servings 4 cloves 2 2 stalks 1-2 2 tsp 4 cups 1 cup 1 cup
1/2 cup 1/2 bunch	1 cup 1/2 bunch
	2 cloves 1 1 stalk 1 tsp 2 cups 1/2 cup 1/2 cup 1/2 cup

## **Nutrition Facts** Valeur nutritive

Per Serving (625 g) pour 1 (625 g)

Calories 540 % Da % valeur guo	ily Value* tidienne*
Fat / Lipides 16 g	21 %
Saturated / saturés 2.0 g + Trans / trans 0 g	10 %
Carbohydrate / Glucides 85 g	
Fibre / Fibres 15 g	54 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 2260 mg	98 %
Potassium 1650 mg	35 %
Calcium 400 mg	31 %
Iron / Fer 8.5 mg	47 %

5% ou moins c'est peu 15% ou plus c'est beaucour

**@crisperkits** 

## **OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!**



Prep ingredients: mince the garlic, dice the onion, carrot, and **celery**, peel and dice the squash, rinse the beans, and roughly chop the **kale**.



Bring a large pot of water to a boil. Once boiling, add macaroni and cook until just below al dente, about 6 minutes. Drain and rinse with cold water. Set aside



While pasta is cooking, in another large pot, heat 2 tbsp of **oil** (4 tbsp for 4 servings) over medium heat. Once hot, add the onion, carrot, and celery and cook until softened but not browned. Stir in the garlic, spice blend, and season with salt and pepper. Saute on medium for 3-4 minutes, stirring often.



Add the tomato base, beans, squash, and 3 cups of water (6 cups for 4 servings) to pot. Bring to a boil then lower to a simmer. cover, and cook for 15-20 minutes until the **squash** is cooked through.



Uncover the soup and stir in the kale, cooking until just wilted and tender, about 5 minutes. Right before serving, stir in the macaroni and season with salt and **pepper** to taste.

