



FALL HARVEST MINISTRONE SOUP

SERVES 2 OR 4
TIME: 45 MIN
CALORIES: 540/SERVING



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



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Garlic	2 cloves	4 cloves
Onion	1	2
Carrot	1	2
Celery	1 stalk	2 stalks
Butternut squash	1	1-2
Spice blend	1 tsp	2 tsp
Tomato base	2 cups	4 cups
White beans	1/2 cup	1 cup
Kidney beans	1/2 cup	1 cup
Macaroni	1/2 cup	1 cup
Kale	1/4 bunch	1/2 bunch



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.

Nutrition Facts		Valeur nutritive	
Per Serving (625 g)			
pour 1 (625 g)			
Calories 540		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 16 g			21 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
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% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			