

Minestrone Genoa
A Hearty, one-dish Meal

Ingredients:

1 lg. Spanish onion, chopped small
8 cloves garlic (reserve half for the end)
2 leeks (white only)
2 celery, chopped medium
2 carrots, chopped medium
1 ½ cups string beans, in 1 inch pieces
1 cup white cabbage, finely shredded
1 cup cooked chickpeas, red kidney and baby lima beans
½ cup uncooked lentils
2 cups peeled and chopped potatoes, med. Chop,
8 cups veggie stock
16 oz. tomatoes
salt & pepper to taste
OPTIONAL: fresh spinach, fresh pesto sauce on top

1 cup Italian parsley
½ cup fresh basil
Dried herbs:
Basil, Oregano, Thym.
Marjoram
Fennel
Olive oil for sauté
fresh bay leaf

Procedure:

In a soup pot, sauté onion until golden, add half garlic and dried herbs, stir 2 mins. Add one bay leaf
Add chopped celery, carrots, and potatoes, add half the veggie stock, bring to a boil cook 15 mins., and add lentils,
Add tomato, cook 15, mins, add all beans and cabbage and simmer 10 mins
Add fresh sautéed garlic on top, s&p, add more dried spices, adjust seasoning, and fresh herbs on top,

Cooks Notes: The variations on Minestrone are almost infinite, try using the cannellini bean and zucchini

This is a soup were you have to add more liquid by eye because overnight the beans will absorb a lot of liquid. Keep extra veggie stock on hand.

Enjoy and Be Nourished

