



Minestrone Soup

(ADAPTED FROM MOOSEWOOD COOKBOOK)



Yield: Makes 6-8 servings

Ingredients

- 2 tbsp extra virgin olive oil
- 5 garlic cloves, minced
- 2 cups onion, chopped
- 1 ½ tsp salt
- 1 stalk celery, minced
- 1 medium carrot, diced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- Fresh black pepper, to taste
- 1 tsp dried basil
- 1 medium bell pepper, diced
- 3-4 cup water (more to taste)
- 14 ½ oz can tomato purée
- 1 cup cooked chickpeas
- ½ cup quinoa, dry
- ½ cup fresh parsley, minced

Optional

- 1-2 fresh tomatoes, diced
- Parmesan cheese

Instructions

Heat the olive oil in a large soup or stock pot. Add onion, garlic, and 1 ½ teaspoon salt. Sauté over medium heat for about 5 minutes.

Add celery, carrot, oregano, black pepper and basil. Cover and cook over very low heat about 10 more minutes, stirring occasionally.

Add the bell pepper, zucchini, water and tomato purée. Cover and simmer about 15 minutes. Add beans and simmer another 5 minutes.

Bring the soup to a gentle boil. Add quinoa, stir, and cook until the quinoa is tender and the kernels have split open. Stir in the diced fresh tomatoes (if using), and serve right away, topped with parsley and parmesan (if using).

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Description

Minestrone is a hearty soup loaded with fiber-rich vegetables and grains. Minestrone is a versatile soup, but is typically made with broth or water and has tomatoes and beans. By adding quinoa, in addition to the chickpeas, this soup contains more protein compared to other types of soup and is also gluten-free. Feel free to swap out whatever veggies you have on hand or add even more veggies than what's listed!



Farmers Market Finds

- Fresh Parsley
- Carrot
- Zucchini
- Fresh Tomatoes (optional)
- Onion
- Garlic



Grocery Store Grabs

- Olive Oil
- Dried Oregano
- Dried Basil
- Bell Pepper
- Celery
- Parmesan Cheese (optional)
- Tomato Purée*
- Chickpeas*#
- Quinoa
- Salt & Pepper

**Canned #Dried*

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pdl.org/biblio-bistro.

Substitutes

- Could use rice, pasta or diced potatoes in place of quinoa.
- Could use vegetable, chicken or beef broth in place of water.
- Could use green beans, spinach or kale in place of zucchini.

Pairs with

This warm and robust soup would pair well with a hearty slice of whole-grain bread or a dinner roll and crisp side salad. It would also pair well with pan-roasted veggies, such as brussel sprouts or broccoli.