

Minestrone Soup

November 16th, 2020

This recipe serves: 4

Prep Time: 01:15

Cook Time: 00:00

Minestrone is a hearty, flavorful soup made with vegetables and pasta. This Minestrone includes Kielbasa, but you could use Sweet Italian Sausage, or leave out the meat altogether for a vegetarian version. This soup can be eaten the same day it is prepared, or it can be prepared and then stored in the refrigerator or freezer for a meal on another day.

Ingredients:

1 White Onion (about 1 cup), peeled and diced
1 Celery (about 1 cup), trimmed and diced
1/4 Fennel Root (about 1 cup), trimmed and diced
8 oz Kielbasa - thinly sliced on the bias
8 Cups (64 ounces) water, Chicken Stock, Mire Poix, or Umami Vegetable Stock
1 Can Whole Tomatoes (28 ounce), chopped
1 Parmesan Cheese Rind, about 5 x 2 inches
(or replace with 1 Tablespoon Marmite or Vegemite or 2 Teaspoons Steak Sauce)
2 Carrots (about 1 cup), peeled and diced
1 Russet Potato (about 1 cup), peeled and diced
1 Zucchini (about 1 cup), quartered lengthwise, then cut into 1/4 inch pieces
2 Leeks (about 3/4 cup), white and light green parts only - slice into thin coins and rinse well
3 Cups Fresh Baby Spinach Leaves (about 2 ounces), remove stems and cut leaves into strips
1 Can (15 ounces) Cannellini Beans, Kidney Beans, or Navy beans, drained and rinsed
1 Tablespoon Fresh Rosemary Leaves, minced
1 Tablespoon Fresh Basil Leaves, minced
1 Cloves (1 Teaspoons) Garlic, finely minced or 1/4 Teaspoon Garlic Powder
Olive Oil
Kosher salt
1/2 Cup (4 oz) Arborio Rice, Orzo Pasta, Ditalini Pasta, or Elbow Pasta
Finely chopped Scallions for a garnish.

Directions:

In a large 5 quart cooking pot, use a small amount of Olive Oil to sweat the diced Onion, Celery, Carrot, and Fennel.
Add the sliced Kielbasa

Add the Water, Tomatoes, Cheese Rind (or Marmite, Vegemite, or Steak Sauce), Leeks, Zucchini, and diced potato. Bring to a boil.

Reduce heat to medium-low and simmer uncovered, stirring occasionally for about 1 hour.

After simmering for about an hour, the soup can be finished and eaten. Alternatively, it can be cooled and then stored in the refrigerator for up to 1 week or in the freezer for up to 6 months.

If re-heating, bring to a boil and then reduce to a low simmer, then continue from here.

If adding Arborio Rice

: Add the Rice and continue cooking until rice is mostly cooked but slightly crunchy inside (about 20 minutes).

If adding Pasta: Add the Pasta and continue cooking until pasta is al dente (about 8 to 12 minutes).

Add the beans and continue to cook for another 5 minutes, then remove pot from heat.
Remove and discard the cheese rind. Stir in the Rosemary/Basil/Minced Garlic mixture.
Ladle soup into bowls and serve immediately with a garnish of chopped Scallions.