

HARVEST MINISTRONE SOUP

6 servings

2 tablespoon avocado or olive oil
1 onion, diced
2 stalks celery, diced
3 cloves garlic, minced
1 red bell pepper, cut in ½ inch pieces
2 large carrots, diced
½ butternut squash, diced
2 cups green beans, cut into 1 inch pieces
1 teaspoon dried oregano
2 teaspoons dried basil
½ teaspoon fennel seeds
½ teaspoon crushed red pepper flakes
1 can crushed tomatoes with juices
2 cans cannellini or kidney beans, drained and rinsed
4 cups baby kale or spinach
8 cups chicken or vegetable broth
Grated parmesan or pecorino cheese (optional)

1. In a large pot, heat oil over medium heat.
2. Add onion, seasoning with salt and pepper, and cook, covered, for about 10 minutes or until softened. Add celery and cook for another 5 minutes until soft. Add garlic and stir for about 30 seconds. *(do not let veggies brown - turn down heat if needed)*.
3. Add bell pepper, carrots and butternut squash, stock and herbs. Season with salt and pepper. Bring to a simmer over medium high heat. *Do not let it boil*. Cook, uncovered, for about 10 minutes. Add green beans and canned beans.
4. Simmer for another 10 minutes or so until the beans are just tender.
5. Add kale or spinach to wilt. Adjust seasoning with salt and pepper.
6. Garnish with optional cheese. This would be yummy with some sourdough bread!
7. Store in the refrigerator for up to 4 days.