

Classic Minestrone



Prepare

- ☐ Chop 1 medium onion
- ☐ Chop 1 medium carrot
- ☐ Chop 1 medium celery stalk
- ☐ Cube 2 large potatoes or turnips (small, ½ inch cubes)
- ☐ Chop 1 cup tomatoes (if using fresh) OR, open 15oz can diced tomatoes (do not drain)
- ☐ Chop 1 medium zucchini (½ to ¾” chunks)
- ☐ Chop 1 bunch of sturdy greens such as kale, chard, mustard greens

Directions

- ☐ Heat olive oil over medium heat in a large Dutch oven, saucepan or stockpot
- ☐ After passing the “sizzle test”, add **ONION, CARROT, CELERY**
- ☐ Season with salt and pepper to taste and stir frequently until vegetables have softened
- ☐ Then add the **POTATOES** and cook, stirring occasionally, until starting to brown in spots
- ☐ Add 6 cups water, stirring to release brown bits on bottom of pan.
- ☐ Add **TOMATOES** and bring to a boil.
- ☐ Once boiling, reduce heat to a simmer and cook, stirring occasionally.
- ☐ After about 10-15 minutes and when potatoes become fork-tender and tomatoes have broken down some, add **ZUCCHINI** and **GREENS**.
- ☐ Bring back to a simmer and cook until all vegetables are tender, about 10-15 minutes.
- ☐ Season with grated parmesan and drizzle with olive oil
- ☐ Serve with crusty bread

Optional Variations

- ☐ To add **ANIMAL** protein to this meal – add up to 1 pound of spicy Italian sausage while cooking the onion/carrot/celery **OR**, shredded chicken or beef
- ☐ To add **PLANT** protein – add 1 can cooked, drained chickpeas or cannellini beans **AND** 1 cup pasta
- ☐ Add roasted garlic and other aromatics if you desire (ex: Italian seasonings; thyme, rosemary, oregano, parsley, Parmesan rind, etc)
- ☐ For a richer flavor, can use chicken or vegetable stock instead of water

Ingredients List

- ☐ Olive oil
- ☐ 1 medium onion, chopped
- ☐ 1 medium carrot, chopped
- ☐ 1 medium celery stalk, chopped
- ☐ Salt and pepper
- ☐ 2 large potatoes or turnips, chopped
- ☐ 6 cups water
- ☐ 1 cup chopped tomatoes, OR 1 can
- ☐ 1 medium zucchini, chopped
- ☐ 1 bunch “hearty” greens, chopped
- ☐ ½ cup grated parmesan cheese

Credit

Recipe adapted from Mark Bittman’s “How to Cook Everything” cookbook – page 142-143