



Minestrone

Minestrone soup can be made as a light vegetarian soup, or a heavier full meal soup with meat, or anything in between. Please make changes to this as appropriate for your needs.

Olive oil

- 1 yellow onion, chopped
- 2 carrots, peeled and chopped
- 3 stalks celery, chopped
- 6 cloves garlic, minced
- 2 sprig fresh rosemary, finely diced
- 1 tsp black pepper
- ½ tsp crushed red pepper or red pepper flakes
- pinch of cayenne pepper
- 12 cups chicken broth (Vegetable broth could be used)
- 2 15.5 oz can cannellini beans, drained and rinsed
- 2 14.5 oz can diced tomatoes
- 3 zucchinis, chopped
- fresh parsley, chopped, about 1/3 bunch
- 2 tbs red wine vinegar
- kosher salt
- collard greens, 1 bunch, chopped (no stems)
- 1 cup shredded fresh parmesan cheese

Optional:

- 2 cup cooked orzo
- 2 lbs stew beef

Preparation:

1. In a large soup pot, heat oil over medium high heat. Sauté the onion, carrot, celery, garlic, rosemary, black pepper, red pepper and cayenne. Cook until vegetables are just starting to get tender, 8-10 minutes.
2. Stir in 8 cups broth, the cannellini beans, tomatoes, zucchini, parsley and vinegar. Bring to a boil, then reduce heat and simmer until the zucchini is just starting to get tender, about 10 minutes. Taste, and add salt as necessary. (Probably start with about 1 tsp kosher salt.) Add broth as needed to get the desired consistency. At this point you can let the soup cool and put into the refrigerator until ready to do the final prep and serving, i.e. you can make this the day before your meal.
3. With the soup at a simmer, add the collard greens and cook until tender, about 10 minutes. If adding orzo or beef, now is the time to do that.
4. Serve with parmesan cheese as topping.
5. Optional beef instructions: Cut the stew beef into small pieces, about ½ inch cubes. Toss in seasoned flour (add a bit of salt, pepper, garlic powder). Sauté in two batches briefly in oil over medium high heat, just enough to brown the meat and lock in the juices. Remove from the pan, and add to the soup when needed. (This also can be done the day before your meal.)

We made this with beef, and without orzo. We made a meal of it, serving the soup with fresh sourdough. We served 2007 Arrowood Syrah, Sonoma County. The Syrah was great with this, not too big or tanniny, with good fruit.

Recipe developed October 2017 by Lori and Larry. Enjoy!