

Idiot's Kitchen Recipe – Super Green Minestrone

Recipe from www.idiotskitchen.com



Ingredients:

2 Tablespoons Olive Oil
1 large onion, chopped
2 leeks, white & light green parts only, chopped
2 ribs celery, chopped
1 yellow bell pepper, chopped
4 cloves garlic, finely chopped
6-8 small potatoes (about 2 cups), quartered
2 zucchini, quartered & chopped
8 cups chicken broth
2 (15.5 oz) cans white beans – such as cannellini and/or great northern beans, drained & rinsed
 $\frac{3}{4}$ cup small sized macaroni (dry measurement)
1 (9 oz) bag of spinach, roughly chopped
1 cup frozen peas
Rind from Parmesan or Romano cheese
 $\frac{1}{2}$ teaspoon dried thyme
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon dried tarragon
Pinch red pepper flakes
Salt & Pepper

Heat 2 Tablespoons of olive oil in a large pot over medium high heat. Add 1 large onion, 2 leeks, 2 ribs of celery, and 1 yellow bell pepper that have been chopped. Remember that you only use the white and light green parts of the leeks. Cut off the tough, dark green tops and the root end, cut the leek in half, and run under water to remove any dirt before chopping. Sauté these base vegetables for 5 minutes until tender but not browned.

Add 4 cloves of finely chopped garlic and 6-8 small potatoes (about 2 cups) that have been quartered or chopped. Add 2 zucchini that have been quartered and chopped to the pot. Pour in 8 cups of chicken broth and 2 (15.5 oz) cans of cannellini or great northern beans that have been drained and rinsed.

Add $\frac{3}{4}$ cup of dried small sized macaroni or other small pasta. Season with $\frac{1}{2}$ teaspoon each dried thyme, oregano, and tarragon, a pinch of red pepper flakes, and salt & pepper to taste. Add the leftover rind from a piece of parmesan or Romano cheese. Bring the soup to a boil, lower the heat, cover, and simmer for 20 minutes.

After 20 minutes, add 1 (9 oz) bag of spinach (or other dark greens such as kale or Swiss chard) that has been roughly chopped. Add 1 cup of frozen peas. Remove the spent cheese rind. Check and adjust the seasonings to taste.

Serves 6-8 and is great leftover.

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