

THE DIETITIANS NETWORK OF NOVA SCOTIA

Loaded Minestrone

This minestrone is packed with vegetables and is the perfect addition to a fall or winter meal.

Recipe Name:	Loaded Minestrone
Recipe By:	Adapted by Antonia Harvey, P.Dt from <i>Food: Vegetarian Home Cooking</i> by Mary McCartney
Short description of recipe:	Serve alongside your favourite sandwich for a hearty lunch or light supper.
Makes:	4-6 servings
Ingredients:	<p>1 ½ tablespoons olive or canola oil 1 medium onion, finely chopped 2 stalks of celery, finely chopped 2 large carrots, peeled and finely chopped 2 cloves of garlic, minced</p> <p>14oz canned diced tomatoes 1 L low-salt or no-salt added vegetable broth 1 can red kidney beans, drained and rinsed</p> <p>¼ cup frozen peas ½ cup frozen green beans</p> <p>1 bay leaf 2 tsp dried oregano 1 tsp dried parsley</p> <p>Salt and pepper to taste Grated parmesan cheese, to serve</p>
Instructions:	<ol style="list-style-type: none"> 1. Heat the oil in a large saucepan on medium heat. 2. Add the onion, celery, and carrots. Sauté for about 5-7 minutes, or until the onion becomes translucent. Do not let vegetables brown. 3. Add the garlic and cook for 30 seconds. 4. Stir in the diced tomatoes, then cover and simmer for 15 minutes, stirring often. 5. Pour in the vegetable stock, kidney beans, peas, and green beans. Add the bay leaf, oregano, and parsley. 6. Bring to a gentle boil, then simmer for 30 minutes. Check half-way through and add more vegetable broth if the soup is too thick. 7. Remove bay leaf, and season with salt and pepper if desired. Keep in mind that flavours will strengthen as the soup is stored. 8. Serve sprinkled with parmesan cheese.