



White Bean Minestrone

This is a basic template for soul-satisfying soup. Minestrone by nature is a regional seasonal soup done in an improvisational way. Start with the basic beans, onions and carrot. Add celery and vary the vegetables according to the season; I use cabbage and greens as well as root vegetables or chopped fennel in autumn. Try to limit yourself to about five vegetables and have fun with it. Eat as a meal or serve a cup with grilled salmon and a salad.

Yield: 8 to 10 servings
Cooking: 20 minutes

Preparation: 15 minutes
Freezes very well

Ingredients:

- 1 t. olive oil
- 4 cloves of garlic, peeled and finely chopped
- 1 large onion or leek, finely chopped
- 1 large white potato, washed and diced
- 1-2 carrots, chopped
- 1-2 stalks celery, chopped
- 1 small head cabbage, chopped
- 1 turnip or rutabaga, peeled and chopped
- Bouquet garni**
- 2 15-ounce cans of white beans, rinsed and drained
- 6-8 cups water or stock
- 1 bunch fresh greens, such as collards, kale, spinach or chard, thinly sliced

Method:

Sauté garlic and onion or leek in olive oil until just beginning to brown on the edges. Add remaining chopped vegetables and sauté until glossy, about 5 minutes. Add remaining ingredients and simmer 10 to 20 minutes, until vegetables are cooked through.

Serve with a splash of cider vinegar or balsamic vinegar and a sprinkle of grated cheese for garnish.

* A small sprig of fresh or 1 teaspoon dried rosemary, 2 sprigs fresh or 1 teaspoon dried thyme, 3 leaves fresh or ½ teaspoon dried sage, a handful of fennel fronds or ½ teaspoon whole fennel seeds, slightly smashed, cracked black peppercorns, and 1 bay leaf), tied in a piece of cheesecloth for easy removal from the soup

Recipe by Marie Donadio, PCC Cooks