

Minestrone Soup

🕒 50 Minutes 🍴 6 Servings



Ingredients

Onion, 1 medium, chopped
Celery, 4 ribs, chopped
Butternut squash, ½ small, diced
Extra-virgin olive oil, ¼ C
Collards or Swiss chard, 1 bunch, stems removed and chopped
Garlic, 6 cloves, finely chopped
Tomato paste, 2 T
Fennel seed, ½ tsp, toasted and ground
Diced tomatoes, 1 can (15 oz)
Chicken broth, 1 can

Cannellini beans, 1 can, drained and rinsed
Red kidney beans, 1 can, drained and rinsed
Pasta, small (e.g., mini bowties)
Bulgur, ½ C
White wine, ½ C



Directions

- **In a large pot, heat oil over medium heat.** Cook onions, celery, and squash, stirring occasionally.
- **Prepare greens:**
 - Remove stems.
 - If using chard, chop stems and add them to the pot with the vegetables.
- **Add** garlic, 1 tsp salt, $\frac{3}{4}$ tsp pepper, and fennel seed. Cook, stirring occasionally, until vegetables are slightly tender (about 15 minutes total).
- **In a small cup, mix tomato paste with a little water.** Stir into the pot.
- **Add** tomatoes with their juice, breaking them up with a spoon. Stir in beans, broth, and water and bring to a simmer.
- **Coarsely chop** the greens and stir them into the soup along with the bulgur.
- **Simmer** partially covered for 20 minutes, adding the wine during the last 10 minutes of cooking.
- **While soup simmers, cook pasta in a separate pot until al dente.**
- **Stir** the cooked pasta into the soup with a small amount of pasta cooking water.
- **Serve** topped with Parmesan cheese.