

# Turn to Us

Autumn 2021

## What's Cooking

A Favorite Recipe from

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Social Security Paralegal



Here's one of our Social Security Paralegal's favorite soup recipes to help stay warm this winter:

### Minestrone Soup

**Yield:** 8 servings

**Stove Top Time:** 50 minutes | **Slow Cooker Time:** 6-8 hours

#### Ingredients:

- **One 15 oz** can white beans, drained, rinsed (*cannellini* or *navy*)
- **32 oz** container reduced sodium chicken broth, or vegetable broth for vegetarians
- **2 tsp** olive oil
- **1/2 cup** chopped onion
- **1 cup** diced carrots
- **1/2 cup** diced celery
- **2 garlic cloves**, minced
- **One 28 oz** can petite diced tomatoes
- *Parmesan cheese rind, optional*
- **1** fresh rosemary sprig
- **2** bay leaves
- **2 tbsp** chopped fresh basil
- **1/4 cup** chopped fresh Italian parsley
- **1/2 tsp** kosher salt and fresh black pepper
- **1 medium 8 oz** zucchini, diced
- **2 cups** chopped fresh, or frozen defrosted spinach
- **2 cups** cooked small pasta such as ditalini, al dente

*extra parmesan cheese for garnish, optional*

*If you want to add some meat for a heartier soup, breakfast sausage is great to add as well.*

## INSTRUCTIONS

*Stove Top Directions:*

- 1.** Puree beans with 1 cup of the broth in a blender. Heat oil in a large pot over medium-high heat. Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 15 minutes.
- 2.** If adding sausage, brown in a separate pan, drain and set aside.
- 3.** Add the remaining broth, tomatoes, pureed beans, parmesan cheese rind, salt and pepper. Add the rosemary, bay leaves, basil and parsley, cover and cook on low for 40 minutes. Add the cooked sausage, if adding meat, along with zucchini and spinach.
- 4.** Cover and simmer until the zucchini is tender, about 8 to 10 minutes.
- 5.** Remove the bay leaves, rosemary sprig, parmesan rind and season to taste with salt and black pepper. Ladle 1-1/4 cups soup into 8 bowls with 1/4 cup pasta in each and top with extra parmesan cheese if desired.

*Slow Cooker Version:*

- 1.** Puree beans with 1 cup of the broth in a blender. Heat oil in a large nonstick skillet over medium-high heat. Add the carrots, celery, onion, garlic and saute until tender and fragrant, about 15 minutes.
- 2.** Transfer to the crock pot along with the remaining broth, tomatoes, pureed beans, parmesan cheese rind, salt and pepper. Add the rosemary, bay leaves, basil and parsley, cover and cook on low for 6 to 8 hours.
- 3.** Forty minutes before the soup is done cooking, add cooked sausage, if adding, zucchini and spinach.
- 4.** Cover and cook 30 more minutes. Remove bay leaves, rosemary sprig, parmesan rind and season to taste with salt and black pepper. Ladle 1-1/4 cups soup into 8 bowls with 1/4 cup pasta in each and top with extra parmesan cheese if desired.