



Harvest Minestrone Soup with Quinoa and Kale
Courtesy of Silvia Bianco

Ingredients

1 onion – medium diced
2 celery stalks – medium diced
2 carrots – medium diced
2 tablespoons olive oil – or enough to cover the bottom of the pot
2 cloves of garlic – finely chopped
2 cups fresh zucchini – medium diced (about 1 medium or 2 small)
2 cups fresh green beans – cut in 1-inch pieces
1 bell pepper – medium diced
1.75 pounds of fresh tomatoes or one 28 ounces can of crushed tomatoes
4 cups of water
One 15-ounce can of cannellini beans
One 15-ounce can of chickpeas
1 cup quinoa
2 cups kale – stems removed and chopped
1 teaspoon turmeric (or to taste)
Pinch of red pepper flakes
Salt and pepper to taste

Optional ingredients:

Grated parmesan
Slivered basil for garnishing

Directions

1. Place a large stockpot over medium heat and add the onions, carrots and celery. Cook for about 5 minutes or until softened.
2. Add the garlic and a pinch of red pepper flakes and cook for about one minute or until the garlic begins to color.
3. Add the zucchini and the green beans, season with salt and pepper, add the turmeric, stir and cook for about 3 minutes.
4. Add the tomatoes and the water, raise heat to high and bring to a boil.
5. Lower the heat to medium/low and allow the soup to gently boil (uncovered) for about 20 minutes.
6. Add the quinoa and cover for 15 minutes
7. Remove the cover, add the kale and the canned beans (more water if needed) bring back to a gentle boil and cook for another 5 minutes or just until the kale is tender.