

Slow Cooker Minestrone Soup

Minestrone is a classic hearty and wholesome vegetable soup with the added goodness of beans. It is a kitchen staple that doesn't have many rules, it is great for using up what you've got on hand and easily adapts to the season.

- Heather Morrill, Community Engagement Manger, [Montavilla Farmers Market](#)

8-12 servings

Ingredients

1 c dried beans, soaked overnight and drained
2 Tbsp olive oil
1 medium onion, diced
2 carrots, diced
2 celery, diced
½ tsp dried, or two sprigs fresh, oregano or thyme
2 bay leaves
4 cloves garlic, chopped
1 tsp ground peppercorns
28 oz can diced tomatoes
1 bunch kale or other greens (or mix), chopped
6 cups broth
1 cup pasta, cooked

Directions

Saute onion, carrots and celery on low-medium until onions are translucent (12 minutes). Fold herbs into saute until fragrant (2 minutes), then fold in garlic and pepper, saute until fragrant (1 minute).

Add saute, beans, tomatoes and broth to the slow cooker and cook on high for approximately 6 hours (until beans are tender). Add the greens in the last half hour of cooking (at 5 ½ hours). Add cooked pasta a couple minutes before serving to finish the soup.

Options:

Fall/Winter: Try including peeled and diced butternut squash, broccoli stems, celery root, turnip or parsnip when the veggies go in the slow cooker.

Summertime: Substitute 4-5 fresh tomatoes for canned. Add chopped green beans when veggies go in the slow cooker and/or include chopped zucchini during the last 30 minutes of cooking.

Meat: Add cooked meatballs or sausage when you add the greens.

