

Fall Minestrone Soup



Prep: 15 minutes **Cook:** 40 minutes **Yields:** 4 servings

- 1 carrot
- 1 stalk of kale
- 1 small squash
- 1 can soup
- 1/3 box pasta
- 1 can kidney beans or chickpeas
- 1 can tomatoes
- 2 cups of stock or water
- 1 teaspoon Italian herbs



Optional

Parmesan to taste

Chef's Notes: Try this recipe with 1/2 a bag of dried tortellini instead. Cooking pasta in the soup keeps it from getting too mushy & adds nutrients to the pasta. Feel free to substitute with other fresh vegetables that are available or in season!

1. Cut vegetables into small chunks.
2. Saute veggies together in a medium sized pot for 2-3 minutes.
3. Add can of vegetable soup, can of beans, can of tomatoes & 2 cups of stock or water
4. Pour 1/3 box of uncooked pasta into the soup.
5. Add 1 teaspoon of Italian herbs if you have it. Simmer for 8-10 minutes or until noodles & veggies are cooked.
6. Add parmesan (if using) & enjoy.

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies.

Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.