

FALL MINESTRONE SOUP



Prep: 15 minutes

Cook: 40 minutes

Yield: 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



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.

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!

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies. Each kit contains fresh vegetables & staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more & to see the full list of partners.