

Autumn Minestrone

Ingredients:

1ea onion, small diced
1c carrots, small diced
1c celery, small diced
4ea cloves garlic, minced
2tsp dried thyme
1tsp dried basil
1tsp dried oregano
1Tb kosher salt
2c sweet potato, small diced
8c chicken or vegetable
stock
1- 28oz can crushed tomatoes
1 - 15oz can cannellini beans
1c small pasta, cooked
2c kale, chopped
1 lemon, juiced
parmesan, optional.



Procedure:

1. Saute onion, carrots, and celery until soft, about 8-10 minutes.
2. Add dry spices, salt, and garlic. Cook about 3-5 minutes more.
3. Add in sweet potatoes.
4. Cover with stock and crushed tomatoes.
5. Bring to boil, then reduce to simmer for 30 mins
6. Stir in kale, beans ,and pasta
7. add lemon juice
serve w/ parmesan cheese!