



Winter Vegetable Minestrone

Makes 4 servings

Ingredients

2 tablespoons olive oil
1 medium onion, chopped
kosher salt and black pepper
1 14.5-ounce can diced tomatoes
1 small butternut squash (about 1 1/2 pounds),
cut into 1-inch pieces
3 medium carrots, chopped
1 15-ounce can navy beans, rinsed
1 3-inch piece Parmesan rind (optional),
plus grated Parmesan for serving
1/2 cup small pasta shells
1/4 Savoy cabbage, chopped
crusty bread, for serving



Instructions

Heat oil in a large pot over medium heat. Add the onion, 3/4 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring frequently, until soft, 8 to 10 minutes. Add the tomatoes (and their juices) and simmer until thickened, 6 to 8 minutes. Add the squash, carrots, beans, 6 cups water and Parmesan rind, if desired, and bring to a boil. Simmer, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Add the pasta and cabbage. Simmer until the pasta is tender. Serve topped with grated Parmesan and with crusty bread on the side. If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

Nutrition Facts

One serving; Calories 346; Total Fat 9 g; Saturated Fat 2 g; Protein 12 g; Cholesterol 3 mg; Sugar 11 g; Total Carbohydrates 58 g; Sodium 913 mg; Fiber 13 g; Iron 4mg.

Recipe Courtesy of Real Simple