



Minestrone

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

328 calories

5 g fat

617 mg sodium



INGREDIENTS: **** Items not included in kit**

- 2 tablespoons olive oil **
- Salt & black pepper, to taste **
- 1 cup diced onion
- 1 cup diced carrots
- 1 cup diced celery
- 12 oz. diced butternut squash
- 2 cloves garlic, minced
- 2 sprigs fresh thyme
- 14.5 oz. can diced tomatoes
- 2 boxes 32 oz. vegetable broth
- 1 bay leaf
- 15 oz. can cannellini beans
- 1.5 cups uncooked ditalini pasta
- 10 oz. baby spinach
- 2 tablespoons pesto
- 1/2 cup grated parmesan cheese
- Ciabatta rolls

DIRECTIONS:

1. In a large soup pot over medium-high heat, add **2 tablespoons olive oil, diced onions, diced carrots, diced celery, diced butternut squash, minced garlic, 2 sprigs fresh thyme** and season with **1/4 tsp salt & black pepper** or to taste. Stir occasionally for 8-10 minutes, until the vegetable begin to soften.
2. Add the can of **diced tomatoes, 6 cups vegetable broth** and **bay leaf**, bring to a boil, then lower heat to a simmer and cook uncovered for 20-30 minutes until the vegetables are tender.
3. In a separate pot, cook **1.5 cups ditalini pasta** according to package directions for al dente. Drain and set aside to use in Step 4.
4. Discard the bay leaf and thyme sprigs. Add can of drained & rinsed **cannellini beans** and **spinach**. Stir until spinach has wilted. Add **2 tablespoons pesto** and **cooked pasta**. Stir to combine.
5. To serve, ladle soup into bowls and garnish with **grated parmesan cheese**.
6. Warm **ciabatta rolls** in 400 degree oven for 5-8 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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