

Spring Vegetable Soup, a version of Minestrone



Ingredients:

1-2 T olive oil or neutral vegetable oil
Salt and black pepper
½ medium-sized onion, diced
2 small carrots, diced
1 garlic clove, minced
2 medium potatoes, well-scrubbed and diced (skin on)
½ bunch asparagus, diced
¼ lb. green beans, diced
2-3 zucchini, diced
1 bay leaf
¼ lb snow peas, julienned
1-2 T of chopped parsley, oregano or thyme, or a combination (optional)
6-8 C water (or vegetable or chicken stock)
Red chili flakes (optional)
1 ½ C cooked beans
1 – 1 ½ C cooked pasta or ¼ lb. fresh pasta, cut into bite-sized pieces

Method:

Heat a soup pot over medium heat and add oil. When the oil is hot, it will shimmer over the surface of the pot, add onions and a pinch of salt. Stir and when the onions have softened, add the carrots and minced garlic with a pinch of salt. Lower the heat and cook until the carrots are almost tender, then add the potatoes, bay leaf, and 1/2 tsp of salt and ¼ tsp black pepper. Continue to cook over low heat for about 8 minutes, stirring occasionally until the potatoes have softened and add the water. Bring the water up to a simmer, add the beans, zucchini, cooked beans and red chili flakes, if using. Add additional water as needed.

Cook until the potatoes are tender, add the optional fresh herbs and julienned snow peas and asparagus. When all of the vegetables are tender, the cooked or fresh pasta until they are cooked. Taste and re-season with salt and black pepper as needed. Remove the bay leaf and splash in 1 additional T of tasty olive oil. Serve with grated parmesan and grilled bread or toast on the side.