

Green Minestrone

Loosely based on several online recipes for this kind of green minestrone



Servings: 8

1. Heat oil in a large heavy pot over medium heat. Cook leek, fennel, yellow onion, and celery, stirring occasionally, until softened but not taking on any color, about 5 minutes. Add broth and Parmesan rinds, then add the dried oregano, brussels sprouts, zucchini and carrots; bring to a boil, reduce heat, and simmer until vegetables are not quite tender, about 5 minutes. Add asparagus and pasta and cook for about 5 minutes.
2. Taste vegetables to make sure all are tender; season well with salt and pepper. Remove Parmesan rinds and discard. Rinse the frozen peas under hot water and add to the soup, just long enough to warm them.
3. Taste soup for seasoning, scoop 1 1/2 cups per bowl and garnish with fresh parsley and lots of grated Parmesan. Then drizzle the top of the soup with EVOO.

2 tablespoons olive oil
2 large leeks, white and pale-green parts only, chopped
2 large fennel bulbs, finely chopped
1/2 large yellow onion, finely chopped
2 celery stalks, thinly sliced
1 1/2 pounds zucchini, trimmed, diced
1/2 pound brussels sprouts, cleaned, quartered
12 ounces fresh asparagus, trimmed, chopped
6 cups low-sodium chicken broth
2 Parmesan rinds (for flavoring)
2 small carrots, use yellow, if possible
Kosher salt and freshly ground black pepper
1 tablespoon dried oregano, crushed in your palms
1/2 cup pasta, your choice (small)
1 cup frozen peas, defrosted
1 1/2 cups Italian parsley (lightly packed) very finely minced
Shaved Parmesan (for serving), use ample
A drizzle of EVOO on top

Per Serving (excluding unknown items): 172 Calories; 6g Fat (24.9% calories from fat); 15g Protein; 27g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.

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