



WINTER MINISTRONE

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INGREDIENTS

25 MINUTES 4 SERVINGS

- 1 medium onion
- 2 stalks celery
- 1 medium carrot
- 1 bunch Swiss chard
- 4 cups vegetable stock
- 2 cups water
- 15-oz canned diced tomatoes
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 bay leaf
- 1 1/2 cups whole wheat pasta shells
- 1 (15-ounce) can red kidney beans

TAGS

#oilfree #vegan #wholegrain



1

Gather ingredients



2

Preheat a medium pot over medium heat.



3

To prepare veggies: dice onion and celery. Peel and dice carrot.





4

Add your diced veggies. Cover and let sweat 5 minutes, just until onions are translucent.



5

For the Swiss chard: tear the leaves away from the stalks.



6

Dice the chard stalks.



7

Add the diced chard stalk to the onion mixture and cook another 2 minutes, just to soften.



8

When veggies are done sweating, add the vegetable broth, 2 cups of water, diced tomatoes, rosemary, thyme, and bay leaf. Cover and bring to a simmer.



9

Chop the chard leaves and reserve for later.





10

Simmer 5-7 minutes.



11

After 5-7 minutes, bring soup to a rolling boil. Add the pasta shells and cook for about 10 minutes (or 2-3 minutes less than the box's cooking directions).



12

Drain and rinse the kidney beans.



13

When pasta is tender, add the beans and chopped chard leaves. Turn off the heat, stir the soup, and then cover. Let sit until chard has wilted, just a couple of minutes.



14

Serve and dive in.

