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Superb Minestrone

(The name speaks for itself. Serves 6 – 8)

Ingredients:

2 T. olive oil

1 large onion, chopped

1 28-oz. can (gluten-free) chopped tomatoes in juice

2 15-oz. cans kidney beans or other small red or navy beans, drained and rinsed

2 15-oz. cans white beans, drained and rinsed

2 cloves garlic, minced

1 leek, sliced including part of green top

2 zucchini, chopped

1 carrot, chopped

1 tsp. dried basil

2 T. chopped parsley

1 large potato, cut in large pieces

1/2 head savoy cabbage, cut into 1 in. strips

1/2 cup green beans, cut into bite-size pieces

1 bunch Swiss chard, cut into thin strips

salt and pepper to taste

2 cups gluten free pasta, cooked (I like elbows)

In a large stockpot over medium temperature, heat olive oil, onions garlic, and leek; cook until onions are transparent, about 4-5 mins. Add zucchini, carrot, tomatoes and juice and bring to a simmer, uncovered.

In a food processor or blender, puree white beans until smooth, adding 1/2 cup water if necessary. Add pureed beans, red beans, potato, cabbage, green beans and 4 cups water; bring to a slow simmer. Cook for 2-3 hours, stirring occasionally. Add Swiss chard and basil; salt and pepper and cook for another 15 mins.

To serve: In a large serving bowl, mix cooked pasta with a little olive oil and fresh parsley. Serve soup over pasta. (From "Special Eats: Simple Delicious Solutions for Gluten-Free and Dairy-Free Cooking"; www.thedr.com/store)

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