



MINISTRONE

Ingredients:

4 strips of bacon, sliced in 1/4 inch pieces, preferably organic, uncured, and nitrate free

1/2 large onion, diced

3 carrots, diced

3 stalks of celery, diced

3 garlic cloves, minced

2 cans of chopped tomatoes (15 oz. each)

1 zucchini, peeled and diced

1 - 2 cans of beans - your preference, white, cannellini, black, etc.

1 bunch of: kale, spinach, broccolini, etc.

4 cups of chicken stock

2 TBS. of Sherry Vinegar

Pasta of your choosing: I opted for Schar Brand GF Anellini

Salt and Pepper

Directions:

In a pot of salted water, cook pasta according to package directions, drain, and rinse with cold water, set aside.

In a large soup pot, combine your bacon, onion, carrots, and celery, cover with a lid and sweat until your vegetables are tender.

Add in garlic, stirring quickly.

Deglaze with the vinegar - add it in, and stir to loosen anything stuck to the bottom of the pot, allow it to reduce slightly.

Add in your tomatoes, stock, beans, bring it to a boil, then reduce the heat to a simmer, and continue cooking for about 15 minutes.

Add in the zucchini and greens of your choice and cook for an additional 5 minutes.

Adjust seasoning with salt and pepper. To serve, place a small amount of pasta in your bowl, and ladle soup over top.

Once the soup is cooled down, you can add the pasta to the soup for storage. Should it soak up some of your broth just add a bit of water.