

Garden to Fork - Minestrone

This quick and easy recipe gets you from the garden to the dinner table in less than 30 min!

Blend:

- 1 carrot
- 1 celery
- 1/2 onion
- 1.5 pounds cherry tomatoes
- 3 cloves garlic
- 1 hot banana pepper



After blended, gently blend in:

- 1 cup basil leaves

Cook 1.5 cups of pasta as directed

- Strain into separate bowl, save pasta water
- Add frozen peas
- Toss pasta with butter or extra virgin olive oil



Warm puréed vegetables with 1-2 cups water (may use pasta water)

Add:

- 1/2 zucchini – diced or chopped to your liking
- 1-2 carrots – diced or chopped to your liking
- 1-2 stalks of celery – diced or chopped to your liking
- 1 can garbanzo beans
- 1 can dark kidney beans
- 1 chunk of parmesan rind (if available)
- Any variety of fresh herbs
 - Thyme, oregano, parsley, sorrel, lovage
 - Thinly sliced rainbow Swiss chard
- Salt and pepper to taste

Simmer mixture until vegetables are softened.

Serve:

- Spoon pasta and peas into individual bowls
- Ladle soup mixture over pasta
- Top with grated parmesan



Enjoy this recipe from the test kitchen of Katherine Paquette!