

AUTUMN MINESTRONE SOUP

IF:Gathering, November 2020

*VEGETARIAN; GLUTEN-FREE OPTION

Ingredients

- 2 tbsp olive oil
- 1 yellow onion, diced
- 1 cup diced carrots
- 1 cup diced celery
- 2 cups diced, peeled butternut squash
- 3 cloves minced garlic
- 2 tsp chopped fresh thyme leaves
- 1 15-ounce can diced tomatoes
- 4 to 6 cups chicken or vegetable broth
- 1 bay leaf
- 1 15-ounce can cannellini or kidney beans, drained and rinsed
- 1 cups cooked small pasta (use gluten-free pasta, if needed)
- 5 ounces fresh baby spinach leaves
- Kosher salt and freshly ground black pepper
- Freshly grated Parmesan cheese, for serving

INSTRUCTIONS

1. Heat olive oil over medium heat in a large, heavy pot. Add the onions, carrots, celery, squash, garlic, and thyme and cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.
2. Add the tomatoes, 4 cups of the broth, the bay leaf, 1 teaspoon salt, and 1 teaspoon pepper to the pot.
3. Bring soup to a boil, then lower the heat and simmer uncovered for 30 minutes, until the vegetables are tender.
4. Discard the bay leaf. Add the beans and cooked pasta and heat through. The soup should be quite thick but if it's too thick, add more broth.
5. Just before serving, add the spinach, and stir gently. Cook just until the leaves are wilted. Season to taste with salt and pepper.
6. Serve large bowls of soup with Parmesan cheese and fresh bread.

REJOICE WITH THOSE WHO REJOICE;

MOURN WITH THOSE WHO MOURN.

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