

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Quick Minestrone with Kale

Makes 10 – 12 cups

This is a quick soup to make. If you have homemade vegetable or chicken stock, it will add flavor to the soup. If not, you can also add the hard outer rind from a piece of fresh Parmesan cheese to the soup while it is simmering. The cheese rind adds a nice richness to the soup.

- 1 tablespoon olive oil
- 1 medium-large onion, diced
- 2 large carrots, diced
- 2 large stalks of celery, diced
- 1 medium zucchini, diced
- 4 large cloves of garlic, roughly chopped
- Pinch of salt
- Freshly ground black pepper
- 26-ounce can diced tomatoes, with their juice, preferably low or no sodium
- 6 cups water
- 1 teaspoon dried oregano
- 8 leaves of kale, ribs removed, thinly sliced
- 1 can white beans, rinsed well
- 2 bay leaves
- Pinch of crushed red pepper
- The rind of a piece of fresh Parmesan cheese (optional)
- 1½ cups cooked pasta (small shape, like small shells)
- Thinly sliced basil
- Grated fresh Parmesan

### Directions

Heat a large soup pot on medium heat. Add olive oil, onion, carrots, celery, zucchini, garlic, salt and pepper. Stirring frequently, cook until vegetables are tender-crisp.

Add tomatoes, water, oregano, kale, beans, bay leaves and crushed red pepper and bring to a simmer. Simmer 10-15 minutes, until the vegetables are all tender. Adjust seasonings and add pasta. Remove cheese rind, if using.

Serve topped with basil and cheese.



**For more healthy recipes,  
please visit Your Healthy Kitchen  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION PER 2 CUP SERVING:

Calories	250
Fat	3 g
Saturated Fat	1 g
Sodium	433 mg
Carbohydrate	50 g
Fiber	7 g
Protein	13 g
Potassium	717 mg

Also a good source of Vitamin A, Vitamin C, calcium, iron, magnesium, B Vitamins and healthy phytochemicals

Cost per Serving: \$ .75