

# Your Healthy Kitchen



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

## Molly Beverly's Summer Minestrone

Makes about 8 servings

Chef Molly Beverly is a food activist, teacher, caterer, food coach, chair of *Slow Food Prescott* and former chef of Crossroads Café in Prescott, Arizona. This recipe was originally published in *Edible Phoenix* and is posted at [ediblecommunities.com](http://ediblecommunities.com).

### The Foundation:

- ¼ cup olive oil (more if needed)
- 2 medium yellow onions, cut into a ½-inch dice
- 6 large cloves garlic, minced

### Meats (optional):

- ½ pound of one or a mixture of: ground or finely cut beef, chicken, pork or Italian sausage, salami, prosciutto, ham, bacon or pancetta, cut into ½-inch pieces

### Vegetables (6-8 cups total):

- 1 medium carrot, quartered and sliced
- 1 medium stalk celery, sliced
- 2 medium zucchinis, quartered and sliced
- ½ pound eggplant, ½-inch dice
- ½ pound mushrooms, ½-inch dice
- 1 large red or yellow potato, ½-inch dice
- ¼ pound green beans or okra, trimmed and cut into ½-inch pieces
- 1 medium green or red sweet pepper, ½-inch dice

### Herbs and Greens:

- ¼ cup of a combination of fresh herbs, including sage, thyme, basil, parsley, rosemary and oregano (Note: 1 part dried herbs equals 3 parts fresh)
- 2 bay leaves (optional)
- ¼ bunch kale, chard, collard greens, or spinach, cut into ribbons
- ½ pound cabbage, shredded



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please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION PER 2 CUP SERVING

Calories	193
Protein	7 g
Carbohydrate	27 g
Fiber	8 g
Fat	7 g
Sodium	253 mg
Potassium	621 mg

Cost per serving, using store-bought ingredients: \$2.65

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**The Liquid:**

Water as needed

2–3 cups fresh grated tomato made by cutting the tomato in half and grating it into a bowl, or canned diced or crushed tomatoes

**Seasonings:**

Parmesan rind (optional)

Salt (to taste)

Freshly ground black pepper (to taste)

**Grains and Beans (optional):**

½ cup cooked grains like brown rice, barley, wheat berries, spelt, or quinoa

1 cup dry short and thick or small soup pasta, cooked al dente

1 ½ cups cooked beans with a firm texture such as garbanzo, borlotti, cannellini, black, navy kidney, lima, tepary, lentils, or black-eyed peas.

Save the cooking liquid to add to the soup.

**Garnishes (optional):**

¼ cup minced fresh Italian parsley

1 cup freshly grated Pecorino, Romano or Parmesan cheese

Cracked black pepper

A swirl of pesto

Chopped fresh tomato

Chopped roasted red bell pepper

**Directions**

Heat the olive oil in a large heavy-bottomed pot. Add the onions and garlic and sauté over high heat, stirring regularly, until you see some browning. Add the meat, if using, and stir until lightly browned. Add the vegetables one at a time, allowing each to brown a little. Add the herbs, salt, and pepper. Continue stirring regularly.

When the veggies are wilted and browned, add the greens, tomatoes and enough water to cover soup by 1 inch. Stir, scraping the bottom of the pan. Add a Parmesan rind or two if you have one. Bring to a boil. Then reduce heat to a simmer, cover and cook until the vegetables are tender, 20 to 30 minutes. Add the grains and/or beans, if using, and enough bean cooking liquid or water to cover soup by 1 inch. Taste and adjust seasoning.

How thick do you make minestrone? Thick enough to hold the stirring spoon upright in the pot. So, I usually add a few more vegetables at this point to get the consistency that I want. Simmer slowly, covered, another 15 to 30 minutes. Taste and adjust seasoning again. (If freezing the soup, stop here.)

Add pasta (if using) and garnishes just before serving.

**Notes**

Vegetables NOT to use: Corn, winter squash, pumpkin, sweet potatoes (too sweet), russet potatoes (too mushy).

**Freezing Instructions:**

Let the soup cool at room temperature no more than 1 hour. Transfer to individual portion containers. Leave ½ inch of headroom for expansion. Label and date. Place in freezer, packing fully frozen containers around them or allowing for cold air circulation. Freeze solid. To serve, defrost in a microwave, then transfer to a pot to finish heating. Taste and adjust seasonings. Add pasta and garnishes before serving.