

Lunch | Dinner

Classic Minestrone Soup

10 Mins
Prep Time

30 Mins
Cook Time

8
Servings

366 Calories **11g Fat** **50g Carbs** **18g Protein**



Ingredients

8 Servings **40 Mins Total Time** **Allergens: Gluten, Dairy**

- 2 Cans (15 oz) Cannellini Beans, drained and rinsed
- 2 oz Pancetta, finely chopped (omit if avoiding pork or cured meats)
- 2 Large Carrots, chopped
(wash under cold running water before chopping)
- 4 Stalks Celery, chopped
(Wash under cold running water before chopping)
- 2 Tsp Fresh Rosemary
(Wash under cold running water before chopping)
- 1 Bunch Lacinato Kale, stripped from the rib and roughly chopped
(Wash under cold running water before chopping)
- ¼ Cup Extra Virgin Olive Oil
- ¼ Cup Tomato Paste
- 1 Medium Onion, chopped
- 4 Cloves Garlic, minced
- ¼ Tsp Red Pepper Flake
- 2 Qts Low-Sodium Chicken Broth
- 4 Cups Water
- 1 (15 oz) Can Crushed Tomatoes
- 2 Bay Leaves
- 1 Cup Dry Ditalini Pasta
- 1 Tbsp Red Wine Vinegar
- Salt & Pepper to taste

Optional

- 1 (2-Inch) Piece Parmesan Cheese Rind

Nourishment Note



Beans

Beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



Tomatoes

Tomatoes are rich in vitamin C, necessary for immune function. They also contain lycopene, a phytochemical that may benefit skin health.



Soup

Soup, particularly broth-based soups, are a great way to help stay hydrated. Diarrhea is a common complaint for those who are HIV+, so extra liquids are important for hydration.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Olive Oil

To a large pot, heat the olive oil over medium heat. Add the pancetta and cook, stirring occasionally, for 3 minutes.

3. Add Vegetables

Add the onion, carrots and celery. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.

4. Add Tomato Paste

Add the tomato paste, garlic, rosemary and red pepper flake and cook an additional minute.

5. Add Broth

Add the chicken broth, water and crushed tomatoes. Bring soup to a simmer then add the rinsed beans, bay leaves and Parmesan cheese rind. Return to a simmer and season with salt and pepper.

6. Add Kale

Add the chopped kale and cook until tender, about 10 minutes.

7. Add Pasta

Add the ditalini pasta and cook until al dente, about 8-10 minutes. *If making the soup in advance, add the pasta right before you reheat and serve.*

8. Stir in Vinegar

Right before serving, stir in the red wine vinegar and remove the bay leaves.

9. Serve and Enjoy

Ladle into bowls, serve and enjoy!

10. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Colander



Knife



Cutting Board



Large Pot



Mixing Spoon



Measuring Cups



Measuring Spoons



Can Opener



Ladle

Fatigue Buster

- Purchase pre-cut vegetables (carrots, onions, celery, kale).
- Purchase pre-minced garlic.
- Use 1 Tsp of dried rosemary instead of fresh.
- Ask a friend or family member to help you make this recipe.

Allergen Swap

Gluten Swap the traditional ditalini for a gluten-free pasta

Dairy Omit the Parmesan cheese rind