

Winter Minestrone

From – Giant's Savory Magazine

1 Tbsp olive oil
2 large carrots, sliced
1 onion, diced
2 cloves garlic, chopped
1 can cannellini beans, rinsed and drained
4 cups kale, roughly chopped
4 cups low-sodium chicken broth
28 oz can diced tomatoes
1 cup shell pasta
1 cup frozen peas, thawed

- Heat oil medium sauce pan.
- Add carrots, onions and garlic and cook for 5 min on low heat, stirring frequently.
- Add the broth and tomatoes and bring to a boil.
- Add the beans, kale, pasta and peas.
- Reduce heat and simmer for 10 minutes stirring frequently.



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