

DINNERLY



Low-Cal Vegetarian Minestrone with Pesto



30-40min



2 Servings

WHAT WE SEND

- 1 carrot
- 5 oz celery
- 14 oz can whole peeled tomatoes
- 15 oz can kidney beans
- ½ lb elbow macaroni ¹
- 2 oz basil pesto ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- medium pot

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 18g, Carbs 82g, Proteins 20g



1. Prep veggies

Halve **carrot** lengthwise, then thinly slice into half-moons. Thinly slice **celery**. Finely chop **2 teaspoons garlic**.

Using kitchen shears, coarsely chop **tomatoes** directly in can.



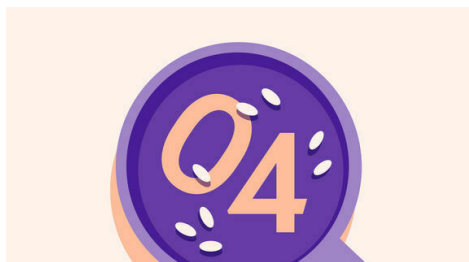
2. Cook carrots & celery

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **carrots, celery**, and **a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are softened and lightly browned, about 5 minutes.



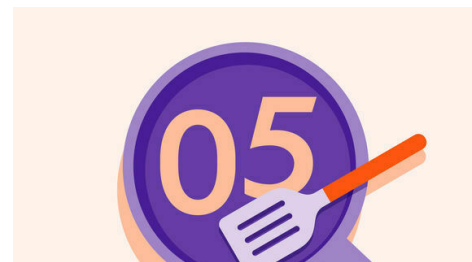
3. Make broth

To pot with **veggies**, add **chopped garlic**; cook, stirring, 30 seconds. Add **beans and their liquid, chopped tomatoes, 3 cups water**, and **1 teaspoon salt**. Bring to a boil, then reduce heat to medium-low; cover and simmer until veggies are tender, about 10 minutes.



4. Add pasta

Bring **soup** to a boil over high heat. Add **½ cup pasta** (save rest for own use) and cook, stirring often, until al dente, about 5 minutes.

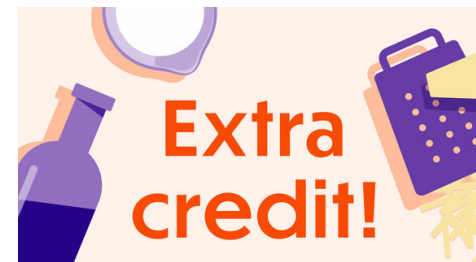


5. Finish & serve

Stir **half of the pesto** into **soup** and season to taste with **salt and pepper**.

Serve **minestrone** with **remaining pesto** drizzled over top. Enjoy!

(Soup will thicken as it sits; thin with water, as needed.)



6. Make it meaty!

Have carnivores at your table? Chop up some bacon and sauté with the veggies in step 2.