

DINNERLY



Classic Minestrone with Pasta & Beans



30min



2 Servings

The soupiest of soups, a minestrone as good as this could probably cure any ailment. The simmered beans and pasta will leave you satisfied while you get your daily veggie fix from carrots, kale, and tomatoes. How do you top off such a wholesome, hearty bowl? Sprinkle it with grated Parmesan, of course. We've got you covered!

WHAT WE SEND

- 1 carrot
- 1 bunch curly kale
- ¾ oz Parmesan ⁷
- 15 oz can kidney beans
- ¼ oz Tuscan spice blend
- 14½ oz whole peeled tomatoes
- 6 oz pasta shells ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar

TOOLS

- microplane or grater
- medium Dutch oven or pot with lid

ALLERGENS

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

NUTRITION PER SERVING

Calories 720kcal, Fat 12g, Carbs 122g, Protein 35g



1. Prep ingredients

Halve **carrot** lengthwise, then thinly slice into half-moons.

Strip **kale leaves** from stems; discard stems. Stack leaves and slice into 1-inch pieces.

Grate **Parmesan**.



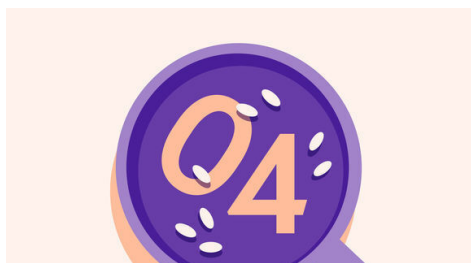
2. Cook carrots

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **carrots** and a **pinch each of salt and pepper**. Cook, stirring occasionally, until softened and lightly browned, about 3 minutes.



3. Build soup

Add **beans and their liquid, Tuscan spice, tomatoes, 3 cups water, 1 teaspoon salt, and ¼ teaspoon sugar**. Crush tomatoes with back of a spoon. Bring to a boil, then reduce heat to medium-low. Cover and simmer until **carrots** are tender, about 10 minutes.



4. Finish & serve

Bring **soup** to a boil over high heat. Add **pasta** and **kale**. Cook, stirring often, until kale is tender and pasta is al dente, about 7–10 minutes. Season to taste with **salt** and **pepper**.

Serve **minestrone** with **Parmesan** sprinkled over top and a **drizzle of oil**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!