



## Winter Minestrone

with Spicy Sizzling Garlic



20-30min



2 Servings

How do we beat the winter blues? By ladling up a steamy bowl of hearty minestrone. We've swapped the pasta with whole grains and employed creamy pinto beans. Kale add a nutritional punch of iron and vitamin C, and the spicy sizzling garlic oil adds a mouth-tingling warmth. If you don't like spice, you can make the garlic oil without the crushed red pepper in step 5.



## What we send

- 1 medium yellow onion
- garlic
- 1 bunch curly kale
- ¼ oz fresh rosemary
- 1 can whole peeled tomatoes
- 1 can pinto beans
- 4 oz Italian 5-grain blend (use ½ c)<sup>1</sup>
- 1 pkt crushed red pepper
- 2 mini French rolls<sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium Dutch oven or pot
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

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

### Nutrition per serving

Calories 660kcal, Fat 24g, Carbs 94g, Proteins 23g



### 1. Prep ingredients

Finely chop **1½ cups onion**. Finely chop **1 teaspoon garlic**; reserve **2 large whole garlic cloves** for step 5. Strip **kale leaves** from stems, then chop into bite-sized pieces. Pick and coarsely chop leaves **1 tablespoon rosemary leaves**, discarding stems. Coarsely chop **tomatoes** in can with kitchen shears.



### 4. Finish soup

Add **beans and their liquid**, **½ cup Italian 5-grain blend**, and **4 cups water** to pot. Cover and bring to a boil. Arrange lid to partially cover only; cook over medium heat until grains are tender and soup is flavorful, about 15 minutes. Season to taste with **salt** and **pepper**.



### 2. Sauté aromatics

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **chopped onions and garlic**; cook, stirring occasionally, until lightly browned, 5-7 minutes. Stir in **half of the chopped rosemary leaves**, and cook, about 1 minute. Add **tomatoes**; cook, stirring occasionally, until liquid is nearly evaporated, about 5 minutes.



### 5. Make spicy garlic oil

While **soup** cooks, very thinly slice **reserved whole garlic cloves**. In a small skillet, combine **sliced garlic**, **remaining chopped rosemary**, **¼ cup oil**, and **all of the crushed red pepper** (or leave out red pepper for optional garnish). Cook over medium heat until sizzling and garlic is just beginning to brown, about 3 minutes. Carefully transfer to a heatproof bowl.



### 3. Add kale

Add **kale** and cook, stirring, until just wilted, about 1 minute. Preheat broiler with the top rack 6 inches from heat source.



### 6. Toast bread & serve

Split **rolls** horizontally and broil directly on the top oven rack until toasted, turning once, 1-2 minutes per side (watch closely as broilers vary). Drizzle cut side with **olive oil** and sprinkle with **salt**. Spoon **soup** into bowls and drizzle with some of the **spicy garlic oil**. Serve rolls alongside for dipping. Enjoy!