

Quick Fall Minestrone

This recipe can be prepared in the TPC kitchen on day to be served.

Yield: 8 servings (serving size: 1 1/2 cups soup and 1 T cheese. 212 calories each.)

1T vegetable oil
1 C chopped onion
2 garlic cloves, minced
6 C vegetable stock
2 1/2 C cubed (3/4") peeled butternut squash
2 1/2 C cubed (3/4") peeled baking potato
1 C cut (1") green beans, about 1/4 lb.
1/2 C diced carrot
1 t dried oregano
1/2 t freshly ground black pepper
1/4 t salt
4 C chopped kale or spinach (frozen is OK)
1/2 C uncooked orzo
1 (16 Oz.) can cannellini beans or other white beans, rinsed and drained
1/2 cup (2 Oz.) grated fresh Parmesan cheese

Heat the oil in a large heavy pot or Dutch oven over medium-high heat.

Add onion and garlic and sauté 2 1/2 minutes or until tender.

Add broth and the next 7 ingredients (broth through salt); bring to a boil.

Reduce heat, and simmer 3 minutes.

Add kale or spinach, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender. Serve very hot.

Sprinkle with cheese.

Allow more time for heating, be sure your pot is big enough and multiply ingredients

X2 to serve 16 (6 QTs)
X3 to serve 24 (9 QTs)
X4 to serve 32 (12 QTs)

What shall I bring to the Lord, the God of heaven, when I come to worship Him?

The Lord has told us what is good. What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God. (Micah 6:6 and 8)

Thank you for caring – and sharing.

TPC Sunday Community Lunch