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Winter Minestrone Soup

Ingredients (Serves 4 – 5)

- 2 tbsp extra virgin olive oil, lard, tallow, or other fat
- 1 large onion or 2 leeks, chopped
- 1 large carrot, diced small
- 2 – 3 stalks celery (or celery root, parsley root, or parsley stems), chopped
- 1 – 2 root vegetables such as turnip, rutabaga, golden beet, or taro root, peeled or diced
- Shredded leaves from a small bunch of winter greens such as kale, collards, chard, or cabbage
- 1 small can (14.5 oz) chopped tomatoes (or 1 large fresh tomato chopped)
- 1 cup or more of well-cooked chickpeas, kidney, or cannellini beans (optional)
- 1 quart vegetable, mushroom, or beef broth
- 1 – 2 teas red wine vinegar, apple cider vinegar, pickle juice, or fresh squeezed lemon
- Season with fresh or dried herbs such as thyme, sage, rosemary, bay leaf, and/or oregano
- Sea salt and/or pepper to taste

Preparation:

1. Heat oil in a heavy-bottomed stainless steel stock pan. Start by adding in the onion and sauté a minute or two, then add in the carrot, celery, root vegetable, and greens, sautéing each for a minute or two before adding in the next.
2. Add the tomatoes and continue to sauté until warmed though.
3. Add the beans or chickpeas, if using.
4. Add the broth, sea salt, pepper, vinegar, and spices, stir
5. Cover and bring to a boil, then reduce the heat and simmer until tender (~ 30 min).