



Gabrielle Hamilton's Minestrone Soup with Grilled Cheese Sandwiches

READY IN



120 min.

SERVINGS



10

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings pepper black freshly ground
- 1 medium head cauliflower cored cut into 3/4-inch florets
- 4 celery stalks thinly sliced
- 3 chicken stock cube as needed plus more
- 0.5 head endive cored coarsely chopped
- 2 small fennel bulb trimmed thinly sliced
- 5 medium garlic clove smashed cut into thirds and
- 8 ounces green beans trimmed cut into 1-inch pieces

- 1 bunch destemmed lacinato/dinosaur kale black cut into bite-size pieces (also known as Lacinato, Tuscan, cavolo nero, or dinosaur kale)
- 10 servings kosher salt
- 1 cup mayonnaise
- 1 cup olive oil extra virgin extra-virgin
- 10 inch bread crumbs (from)
- 1 pound cheddar cheese shredded extra-sharp
- 1 bunch pkt spinach washed trimmed coarsely chopped
- 2 tablespoons butter unsalted ()
- 10 servings water
- 1 large onion yellow finely chopped
- 4 small to 3 sized squashes yellow seeds removed and medium dice
- 2 medium zucchini seeds removed and medium dice

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- wire rack
- pot

Directions

- Heat 2 tablespoons of the oil and the butter in a large pot with a tightfitting lid over medium heat until the butter foams.
- Add the celery and onion and cook, stirring occasionally, until softened.
- Add the garlic and fennel and cook, stirring occasionally, until softened.

- Add the yellow squash and zucchini, season with salt, and cook, stirring occasionally, until softened.
- Add enough water to cover the vegetables by 1 inch and bring to a boil.
- Add the cauliflower and green beans and stir to combine.
- Add the kale, spinach, and escarole, stirring until the greens begin to wilt, and return to a boil.
- Add more water as needed to cover the vegetables by about an inch of liquid. Reduce the heat to low, cover, and simmer until all of the vegetables start to soften, about 20 minutes.
- Heat the oven to 300°F and arrange a rack in the middle.
- Place half of the bread slices on a work surface and spread with half of the mayonnaise. Flip the bread slices over and evenly divide the cheese among the slices.
- Spread the remaining bread slices with the remaining mayonnaise and place them mayonnaise-side up over the cheese to form 10 sandwiches.
- Heat a large nonstick frying pan or griddle over medium-low heat until hot, about 4 to 5 minutes.
- Place 2 to 3 of the sandwiches in the pan and cook until the bottoms are golden brown and the cheese is starting to melt, about 5 minutes. Flip the sandwiches and cook until the second sides are golden brown and the cheese is completely melted, about 5 minutes more.
- Transfer to a baking sheet and place in the oven to keep warm. Repeat with the remaining sandwiches. When all the sandwiches are cooked, remove the baking sheet from the oven and place on a wire rack.
- Let cool 1 to 2 minutes before cutting each sandwich in half. To serve: Ladle the soup into bowls and sprinkle with pepper.
- Serve with the grilled cheese sandwiches.

Nutrition Facts

 PROTEIN 13.09%  FAT 72.3%  CARBS 14.61%

Properties

Glycemic Index:47.7, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:33.472608348598%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg Kaempferol: 17.49mg, Kaempferol: 17.49mg, Kaempferol: 17.49mg, Kaempferol: 17.49mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 492.96kcal (24.65%), Fat: 40.95g (63.01%), Saturated Fat: 14.16g (88.53%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 11.52g (4.19%), Sugar: 8.06g (8.95%), Cholesterol: 60.94mg (20.31%), Sodium: 1036.13mg (45.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Vitamin K: 413.77µg (394.06%), Vitamin A: 7312.28IU (146.25%), Vitamin C: 89.01mg (107.9%), Folate: 206.84µg (51.71%), Manganese: 1.02mg (51.21%), Calcium: 511.17mg (51.12%), Phosphorus: 351.2mg (35.12%), Vitamin B2: 0.57mg (33.6%), Potassium: 1076.62mg (30.76%), Fiber: 7.1g (28.41%), Vitamin B6: 0.51mg (25.48%), Magnesium: 94.7mg (23.67%), Selenium: 15.63µg (22.32%), Vitamin E: 3.26mg (21.72%), Zinc: 2.81mg (18.71%), Iron: 2.95mg (16.38%), Copper: 0.26mg (13.22%), Vitamin B1: 0.2mg (13.2%), Vitamin B5: 1.21mg (12.14%), Vitamin B3: 2.02mg (10.11%), Vitamin B12: 0.52µg (8.6%), Vitamin D: 0.36µg (2.39%)