



Hearty Winter Minestrone with Chili Oil, Lemon Zest, and Parmesan

♥ Popular

READY IN



80 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup cannellini beans dried white ()
- 1.5 cups carrots peeled chopped
- 0.3 cup celery chopped
- 1 cup elbow macaroni cooked (yields 2 cups)
- 4 tablespoons olive oil extra virgin divided
- 3 tablespoons parsley fresh chopped

- 4 teaspoons garlic clove minced
- 8 servings pepper black freshly ground
- 2 teaspoons lemon zest
- 8 cups napa cabbage shredded cored
- 1 cup onion chopped
- 8 servings parmesan for grating
- 1 tablespoon pepper dried whole red crushed
- 2 medium baking potatoes peeled cut into a 1/2 inch dice (2 cups)
- 3 cups swiss chard shredded rinsed
- 2 tablespoons tomato paste
- 3 quarts vegetable stock as needed plus more)

Equipment

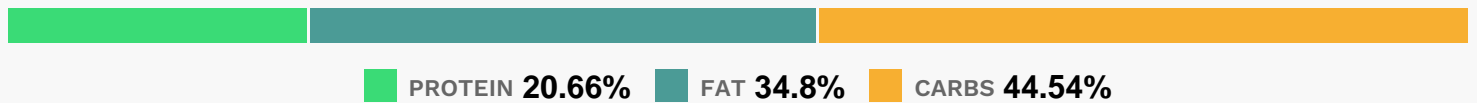
- bowl
- frying pan
- ladle
- pot
- dutch oven

Directions

- Heat 4 tablespoons olive oil in an 8-quart Dutch oven over high heat until shimmering.
- Add onions and garlic and cook, stirring frequently, until lightly softened but not browned, about 2 minutes.
- Add potatoes and cook, stirring occasionally, until potatoes begin to stick to bottom of pot, about 5 minutes. Scrape vegetables to one side of pot, add tomato paste to empty space and cook, stirring, until paste darkens in color slightly, about 2 minutes. Stir tomato paste into rest of vegetables to coat.
- Add beans and their soaking liquid, 3 quarts water, bay leaves, carrot, celery, and 1 tablespoon salt to pot. Bring to a boil then drop to a simmer and cook until beans are mostly tender, about 30 minutes.

- Add chard and cabbage and cook until vegetables are completely softened, about 30minutes longer. Taste soup for seasoning, adding black pepper and more salt as needed.
- Meanwhile, prepare the chili oil: in a small pan, combine the dried chilis or pepper flakes and 1/2 cup olive oil.
- Heat, stirring occasionally, over very low heat until chilis toast and start to make a popping noise.
- Transfer to a heat-proof bowl and allow to rest until cooled.
- To serve soup, place about 1/4 cup cooked pasta into each serving bowl, ladle soup over, and top with a drizzle of chili oil and a sprinkling each of lemon zest, parsley and grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:64.41, Glycemic Load:14.61, Inflammation Score:-10, Nutrition Score:30.335652061131%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 393.47kcal (19.67%), Fat: 15.62g (24.03%), Saturated Fat: 6.08g (37.98%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 37.26g (13.55%), Sugar: 8.07g (8.97%), Cholesterol: 20.4mg (6.8%), Sodium: 2011.78mg (87.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.73%), Vitamin K: 182.23µg (173.55%), Vitamin A: 6568.42IU (131.37%), Calcium: 514.05mg (51.41%), Manganese: 0.93mg (46.4%), Folate: 183.39µg (45.85%), Vitamin C: 34.6mg (41.94%), Phosphorus: 376.58mg (37.66%), Potassium: 1133.56mg (32.39%), Fiber: 7.71g (30.85%), Vitamin B6: 0.6mg (30.01%), Magnesium: 107.19mg (26.8%), Iron: 4.5mg (25%), Selenium: 16.17µg (23.1%), Copper: 0.43mg (21.74%), Zinc: 2.42mg (16.13%), Vitamin B1: 0.24mg (16.02%), Vitamin E: 2.23mg (14.86%), Vitamin B2: 0.25mg (14.6%), Vitamin B3: 1.72mg (8.62%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.36µg (6%)