



Roasted Red Pepper Minestrone

 Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



1230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces smoky bacon chopped
- 4 tablespoons butter softened
- 2 carrots chopped
- 2 stalks celery chopped
- 8 cups chicken stock see
- 14 ounce chickpeas red rinsed drained canned
- 4 servings top italian for serving
- 0.8 cup ditalini pasta thin

- 0.5 cup cooking wine dry white
- 0.3 cup evoo plus more for drizzling
- 1 large bay leaf fresh
- 2 tablespoons rosemary fresh finely chopped
- 2 tablespoons thyme leaves fresh finely chopped
- 3 cloves garlic sliced
- 3 heads garlic
- 1 small bunch tuscan kale stemmed chopped
- 4 servings kosher salt and pepper freshly ground
- 4 servings nutmeg freshly grated
- 1 onion chopped
- 1 tablespoon oregano fresh chopped
- 4 servings pecorino grated for serving
- 6 large bell peppers red
- 1 chile pepper fresh red seeded finely chopped
- 1 starchy potato peeled chopped
- 0.3 cup tomato paste

Equipment

- food processor
- bowl
- baking sheet
- oven
- pot
- wooden spoon
- grill
- aluminum foil
- broiler
- dutch oven

Directions

- Heat the broiler. Arrange the bell peppers on a baking sheet and broil, turning occasionally, until the skins are blackened.
- Transfer the peppers to a bowl, cover and let cool. Peel and seed the peppers. Puree 4 peppers in a food processor with any juices that collected in the bowl. Reserve the remaining 2 peppers for another recipe, such as Make-Ahead Paella Casserole or Roasted Squash Chili Mac.
- Preheat the oven to 400 degrees F.
- Cut off the top third of each garlic head, drizzle with EVOO and wrap in foil. Roast until tender. Reserve 2 heads for another recipe, such as Middle Eastern Garlic Roasted Chicken.
- Heat the EVOO in a Dutch oven or other heavy pot over medium-high heat.
- Add the bacon and cook until crisp.
- Add the rosemary, thyme, oregano, sliced garlic, carrots, celery, bay leaf, chile pepper, onions and potatoes and season with salt and pepper. Partially cover the pot and cook, stirring, until the vegetables are soft, 7 to 8 minutes. Stir in the tomato paste and cook for 1 minute. Deglaze with the wine, stirring and scraping up any browned bits from the bottom of the pot with a wooden spoon.
- Add the kale and cook until wilted.
- Add the stock, beans and a few gratings of nutmeg and bring to a boil. Stir in the roasted pepper puree.
- Bring the soup to a low boil.
- Add the pasta and cook until al dente. (Or cook the pasta separately in salted boiling water.) Meanwhile, squeeze the roasted garlic from 1 head into a bowl and mash with the butter. Slice the bread, then broil or grill until charred.
- Divide the soup among shallow bowls. Top with pecorino and a drizzle of EVOO. Slather the bread with the garlic butter and serve with the soup.
- Cook's Note: The soup (without the pasta) can be refrigerated for a make-ahead meal.
- Add the pasta before serving. The garlic can be roasted ahead of time and mashed with the butter, then refrigerated.

Nutrition Facts



PROTEIN 14.83% FAT 45.34% CARBS 39.83%

Properties

Glycemic Index:174.73, Glycemic Load:33.89, Inflammation Score:-10, Nutrition Score:58.953913180724%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 3.37mg, Luteolin: 3.37mg, Luteolin: 3.37mg, Luteolin: 3.37mg Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg

Nutrients (% of daily need)

Calories: 1229.94kcal (61.5%), Fat: 62.15g (95.62%), Saturated Fat: 24.54g (153.38%), Carbohydrates: 122.82g (40.94%), Net Carbohydrates: 104.59g (38.03%), Sugar: 32.71g (36.34%), Cholesterol: 94.41mg (31.47%), Sodium: 2075.77mg (90.25%), Alcohol: 3.09g (100%), Alcohol %: 0.32% (100%), Protein: 45.74g (91.49%), Vitamin C: 386.71mg (468.74%), Vitamin A: 17228.64IU (344.57%), Vitamin K: 172.26µg (164.06%), Manganese: 2.59mg (129.38%), Vitamin B6: 2.39mg (119.58%), Selenium: 56.11µg (80.16%), Phosphorus: 776.88mg (77.69%), Vitamin B3: 15.27mg (76.36%), Fiber: 18.23g (72.92%), Potassium: 2286.31mg (65.32%), Vitamin B2: 1.07mg (63.11%), Folate: 243.64µg (60.91%), Calcium: 607.21mg (60.72%), Vitamin E: 8.05mg (53.66%), Vitamin B1: 0.69mg (45.67%), Magnesium: 181.84mg (45.46%), Iron: 8.17mg (45.37%), Copper: 0.9mg (45.08%), Zinc: 4.77mg (31.83%), Vitamin B5: 2.16mg (21.56%), Vitamin B12: 0.5µg (8.36%), Vitamin D: 0.26µg (1.76%)