



WHATSheATE



HEALTH SCORE

90%

Squash and Bean Minestrone



Dairy Free



Very Healthy

READY IN



230 min.

SERVINGS



12

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds butternut squash peeled cut into 1/2" pieces
- ☐ 1 pound cannellini beans dried white (kidney)
- ☐ 2 small celery stalks with leaves (from celery heart), chopped
- ☐ 2 bunches flat parsley thick
- ☐ 1 cup parsley fresh divided chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 pound green beans trimmed cut into 1" pieces
- ☐ 12 servings pepper freshly ground

- ☐ 2 leek white finely chopped
- ☐ 8 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil plus more for drizzling
- ☐ 1 large onion finely chopped
- ☐ 1 pound shells (such as tiny shells or pipette)
- ☐ 12 servings salsa verde (for serving)
- ☐ 1.5 pounds pork hock smoked

Equipment

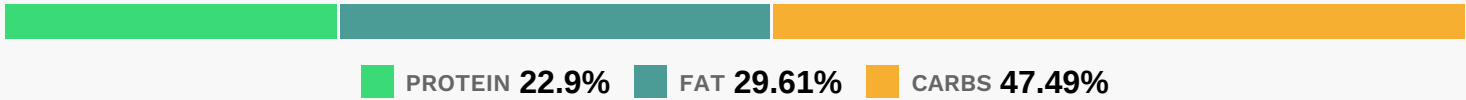
- ☐ bowl
- ☐ pot

Directions

- ☐ Remove meat from ham hocks and cut into large pieces; set meat aside.
- ☐ Place navy beans and ham bones in a large pot; add cold water to cover by 2". Bring to a boil, reduce heat, and simmer 2 minutes.
- ☐ Remove from heat, cover, and let stand 1 hour.
- ☐ Heat 1/4 cup oil in another large heavy pot over medium-low heat.
- ☐ Add ham hock meat, onion, leeks, celery, and garlic; season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, about 20 minutes.
- ☐ Add squash, green beans, navy beans and soaking liquid, broth, and bones to pot. Bring to a simmer over medium heat; reduce heat to low, cover, and gently simmer until navy beans are tender, 1 1/2–2 hours.
- ☐ When soup is almost finished cooking, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain and transfer to a large bowl.
- ☐ Drizzle with 2 tablespoons oil and add 1/4 cup parsley and toss to coat.
- ☐ Discard ham bones.
- ☐ Add spinach and remaining 3/4 cup parsley to soup.
- ☐ Divide soup among bowls.

- ☐ Add pasta, top with Arugula Salsa Verde, and drizzle with oil.
- ☐ DO AHEAD: Soup can be made up to 3 days ahead.
- ☐ Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:13.14, Inflammation Score:-10, Nutrition Score:35.48956510295%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 31.27mg, Apigenin: 31.27mg, Apigenin: 31.27mg, Apigenin: 31.27mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 606.67kcal (30.33%), Fat: 20.23g (31.13%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 73.02g (24.34%), Net Carbohydrates: 62.15g (22.6%), Sugar: 8.57g (9.52%), Cholesterol: 61.8mg (20.6%), Sodium: 445.71mg (19.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Vitamin K: 267.35µg (254.62%), Vitamin A: 11978.58IU (239.57%), Manganese: 1.43mg (71.53%), Vitamin C: 47.84mg (57.99%), Folate: 225.63µg (56.41%), Potassium: 1713.93mg (48.97%), Iron: 8.02mg (44.55%), Fiber: 10.87g (43.48%), Selenium: 29.73µg (42.47%), Magnesium: 148.03mg (37.01%), Copper: 0.7mg (35.14%), Phosphorus: 296.27mg (29.63%), Vitamin B1: 0.35mg (23.54%), Vitamin B3: 4.66mg (23.31%), Vitamin B6: 0.46mg (22.9%), Calcium: 208.93mg (20.89%), Vitamin E: 2.54mg (16.9%), Zinc: 2.51mg (16.75%), Vitamin B2: 0.21mg (12.14%), Vitamin B5: 1mg (10.03%), Vitamin B12: 0.16µg (2.62%)