



## Super Quick Minestrone

READY IN



70 min.

SERVINGS



10

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup small-diced carrots (2 to 3 medium carrots)
- ☐ 1 cup small-diced celery (2 medium stalks)
- ☐ 6 cups chicken stock see
- ☐ 2 cups small-diced peeled (1 large russet)
- ☐ 6 medium garlic cloves cut in 1/2 lengthwise
- ☐ 10 servings olive oil extra-virgin
- ☐ 0.3 pound pancetta cut into 3 pieces

- ☐ 1 cup parmesan freshly grated
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 4 ounces tubetti pasta
- ☐ 2 cups onions yellow finely chopped (2 small onions)
- ☐ 4 cups small-diced zucchini (green/yellow) (5 small zucchini)

## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

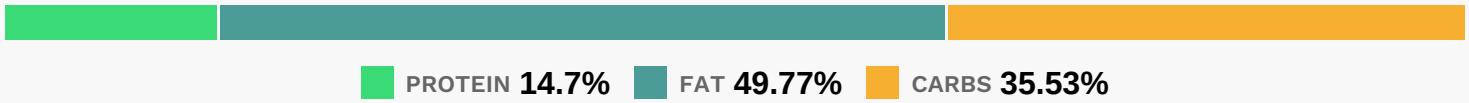
## Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook according to package directions until al dente.
- ☐ Drain and transfer the pasta to a baking sheet. Toss the pasta with a little olive oil to prevent sticking.
- ☐ In a large saucepan over medium heat, warm the chicken stock.
- ☐ In another large saucepan over high heat, heat 1/4 cup oil. When the oil is hot but not smoking, add the pancetta and cook until it begins to brown, 3 to 4 minutes, turning occasionally.
- ☐ Add the garlic and cook until it begins to brown, about 1 minute, stirring occasionally. Lower the heat to medium and add the onions, celery, and carrots.
- ☐ Cook until the vegetables are soft, 8 to 10 minutes, stirring occasionally to prevent browning.
- ☐ Add the chopped herbs. Raise the heat to high.
- ☐ Add the beans, tomatoes, zucchini, and potatoes.
- ☐ Add the chicken stock and bring to a boil. Then bring it down to a simmer and cook until the potatoes are tender, 12 to 15 minutes, skimming any foam off the top of the soup. Season generously with pepper.
- ☐ Add salt, to taste. Just a few minutes before serving, add the cooked tubetti pasta.
- ☐ Serve warm with Parmesan and olive oil passed at the table.

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Add the cooked pasta just before serving. If it sits in the soup too long, it develops a flabby texture. Tubetti (little hollow tubes) are the classic pasta for minestrone, but you could substitute another small shape of pasta.

## Nutrition Facts



## Properties

Glycemic Index:40.86, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:18.830000053281%

## Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

## Nutrients (% of daily need)

Calories: 417.79kcal (20.89%), Fat: 23.5g (36.15%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 32.58g (11.85%), Sugar: 8.13g (9.03%), Cholesterol: 18.6mg (6.2%), Sodium: 522.44mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin A: 2492.82IU (49.86%), Manganese: 0.65mg (32.33%), Potassium: 890.22mg (25.43%), Vitamin B6: 0.51mg (25.38%), Phosphorus: 250.5mg (25.05%), Vitamin C: 19.78mg (23.97%), Selenium: 16.44µg (23.48%), Vitamin B3: 4.25mg (21.27%), Vitamin E: 3.15mg (21.02%), Fiber: 5.16g (20.64%), Calcium: 202.75mg (20.28%), Vitamin K: 19.87µg (18.92%), Copper: 0.38mg (18.77%), Folate: 69.72µg (17.43%), Magnesium: 69.41mg (17.35%), Iron: 3.11mg (17.26%), Vitamin B2: 0.29mg (17.14%), Vitamin B1: 0.24mg (16.07%), Zinc: 1.7mg (11.36%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.18µg (2.94%)