

MINESTRONE SOUP

DIRECTIONS:

YOU WILL NEED:

4 Cups Chicken or Vegetable Stock
2 T Extra Virgin Olive Oil (*optional*)

1. Remove beans from bag and rinse in cold running water, looking for any stones which prior cleaning processes may have missed. Add 6 cups water and soak overnight.
2. The next day, drain beans and add to 4 cups fresh water in a soup pot. Bring to a boil, then reduce heat to low and simmer for 45 minutes, skimming any "foam" that comes to the surface.
3. Add seasoning packet and chicken or vegetable stock; stir well. Cook another 45 minutes or until beans are soft and vegetables are rehydrated. Season to taste and serve, garnished with a drizzle of extra virgin olive oil.

OPTIONAL:

- Add a can of fire-roasted chopped tomatoes during the second 45 minutes.
- Add cooked pancetta or bacon at the end.
- Add ½ cup red wine during the second 45 minutes.

INGREDIENTS:

Kidney Beans, Chickpeas, Soup Blend [Carrots, Onions, Tomato Flakes, Spinach, Celery, Mixed Bell Pepper], Tomato Powder, Leeks, Sea Salt, Granulated Garlic, Herbs

If made with vegetable stock, this product is completely vegan and gluten free.

