



More than Food

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Vegetable Minestrone

with Tuscan Kale, Cannellini Beans, and Parmesan

Get back to basics with Italy's favorite winter comfort dish. Fresh tomatoes, parsley, and sharp Parmesan keep this soup lively, while kale and cannellini beans add major heartiness. Curl up and enjoy!



30 min



level 1



veggie



gluten free



Yellow Onion



Carrot



Celery



Garlic



Vegetable Stock Concentrate



Roma Tomato



Cannellini Beans



Kale



Parsley



Parmesan Cheese

Ingredients	2 People	4 People
Yellow Onion	1	2
Carrot	1	2
Celery	1 stalk	2 stalks
Garlic	2 cloves	4 cloves
Vegetable Stock Concentrate	1	2
Roma Tomato	1	2
Cannellini Beans	1 box	2 boxes
Kale	4 oz	8 oz
Parsley	¼ oz	½ oz
Parmesan Cheese	1) 1 oz	2 oz
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Large Pot, Strainer, Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 391 cal | Fat: 10 g | Sat. Fat: 4 g | Protein: 20 g | Carbs: 51 g | Sugar: 10 g | Sodium: 627 mg | Fiber: 16 g

Make sure to wash and dry produce before prepping or cooking!



1

1 Halve, peel, and finely dice the **onion**. Peel and finely dice the **carrot**. Finely dice the **celery**. Mince or grate the **garlic**. Core and dice the **roma tomato**. Drain and rinse the **cannellini beans**.



1

2 Heat a drizzle of **oil** in a large pot over medium heat. Add the **onion**, **carrot**, and **celery** and cook, tossing, for 5-6 minutes, until softened. Season with **salt** and **pepper**. Add the **garlic** and **tomato** and cook for another 1-2 minutes, until fragrant.



3

3 Add the **vegetable stock concentrate**, **cannellini beans**, **4 cups water**, and a large pinch of **salt** to the pot and bring to a boil. Reduce to a low simmer for about 10 minutes. Season with **salt** and **pepper**.



4

4 Meanwhile, remove and discard the ribs and stems from the **kale**, then thinly slice the leaves. Chop the **parsley leaves**. Stir the **kale** into the soup and simmer until tender. Remove the pot from the heat and stir in the **parsley**. Taste and season with **salt** and **pepper**.

5 Divide the soup between bowls and top with the **Parmesan cheese** and a drizzle of **olive oil**. Enjoy!