Farmers Market Minestrone Soup

Description

A visit to the KTA produce department or your local farmers market can result in a load of fresh produce so you can get cooking! What to do with any leftovers? Make this deliciously satisfying soup. I've incorporated local ingredients but you can always make substitutions or use what's on hand.

Total time: 50 min Yield: 6 to 8 servings

Ingredients

2 Tbsp extra virgin olive oil
1 cup local sweet onion (medium dice)
5 cup vegetable or mushroom stock
1 cup long bean (cut into 2" pieces)
1 cup sweet potato (peeled, diced into 1" cubes)
1/2 cup local sweet corn kernels
¾ cup celery (sliced)
14 1/2 oz diced tomatoes
14 1/2 oz crushed tomatoes
3/4 cup carrot (peeled, sliced)
cup Parmesan cheese (grated)
1 Tbsp granulated garlic
2 Tbsp Italian seasoning
3 Tbsp fresh parsley or flakes
fresh ground black pepper (to taste or Aleppo pepper flakes)
1 Tbsp balsamic vinegar
3/4 cup edamame (shelled)
garlic salt or regular salt (to taste after soup has simmered)

Prep Time: 20 min Cooking Time: 30 min Total Time: 50 min

Instructions

Pre-heat a large stock pot over medium heat, then add the olive oil and onion. Cook for 3 to 4 minutes, stirring occasionally until the onions are just turning translucent. Add the vegetable stock, long bean, sweet potato, corn, celery, diced tomato, crushed tomato, carrot, Parmesan cheese, granulated garlic, Italian seasoning, parsley and pepper.

Let soup simmer for 25 to 30 minutes, adding some water if there isn't a lot of liquid – but keep in mind that this soup is meant to be hearty not liquidy. Drizzle in the balsamic vinegar as a finishing flavor booster and add the edamame last so it keeps its gorgeous green color! Sprinkle a little garlic salt or

regular salt. With a piece of chunky bread, this soup will be a satisfying vegetarian meal!

Recipe brought to you by:

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