

Continue



Italian minestra soup recipes

Minestra recipe italian. Italian soup recipes minestrone. Light italian soup recipes. Minestra soup recipe. Minestra italian soup. Minestra gibraltar. Italian soup recipe.

Discover the ultimate vegetarian minestrone soup recipe, packed with fresh vegetables and herbs for a nutritious meal. This adaptable recipe lets you substitute veggies with your favorite seasonal options, making it perfect for families. Serve hot with crusty bread for a new family favorite. This one-pot wonder is incredibly easy to prepare, requiring just 15 minutes of prep time and 40 minutes of cooking time. With endless ingredient combinations, experiment with new additions to find your family's go-to flavor. To get started, gather these essentials: medium pot, large soup pot or Dutch oven, cutting board, sharp knife, potato peeler, extra virgin olive oil (3 tablespoons), onion (1 large), celery stalk (1), carrots (2), potatoes (3), cauliflower (250 g), cannellini beans (50 grams), peas (250 g), zucchini (2), tomatoes (3), fresh spinach (50 grams), and kale (50 grams). Feel free to substitute veggies with your favorites, such as broccoli, Brussels sprouts, or butternut squash. Simply use already cooked or canned white beans for this recipe. Enjoy! (minestrone enhancement) - a few tweaks to elevate this Italian classic: add some fresh parsley (or dried for a subtle boost), or if you're feeling Mediterranean, throw in some fresh basil. A pinch of kosher salt or sea salt is all you need, along with a dash of freshly ground pepper. Then, it's time for the liquid - use 6-7 cups of water and consider substituting part of it with vegetable broth or chicken broth for added depth. If you're feeling fancy, sprinkle some Parmesan cheese on top before serving. Now, let's get cooking! Chop those veggies (onion, carrot, celery, cauliflower, broccoli, zucchini, potatoes, and leafy greens) into bite-sized pieces. In a large pot, heat 3 tablespoons of olive oil over medium heat and sauté the onion mixture for 3 minutes. Next, add the cauliflower, potatoes, Cannellini beans, peas, zucchini, tomatoes, spinach, and kale. Pour in those 6-7 cups of boiling water to cover the veggies, then bring to a boil before reducing heat and simmering for 40-50 minutes. Taste and adjust with salt, pepper, and your choice of fresh basil or parsley. Serve hot in individual bowls topped with grated Parmigiano Reggiano and crusty bread on the side. Don't overcook those veggies - you want them to retain their color and nutrients! A pro tip: never cook pasta directly in the soup. Cook it separately to ensure it doesn't become mushy. And, don't forget to add that Parmesan rind to the pot for an extra burst of flavor! Want to give your vegetable minestrone a boost? Try adding beef or chicken broth instead of water for extra depth and flavor! You can also substitute in some canned black beans or kidney beans to mix things up. If you like a little heat, add some red pepper flakes at the end for an extra spicy kick. Don't be afraid to experiment with different herbs too - once you get the hang of this recipe, you can start adding fresh bay leaves, basil, parsley, and more! Just remember to remove any leafy greens before serving. And if you want to make it even heartier, add some pasta or rice. Just cook them separately first. When it's time to serve, place a portion of cooked pasta or rice in the bottom of each bowl, then fill with minestrone and top with grated Parmesan cheese. If you're not serving immediately, let it cool, transfer it to an airtight container, and store it in the fridge for up to 3 days. Just don't freeze it - instead, reheat it briefly before serving. This recipe is perfect for a weeknight dinner, especially when paired with some crunchy bruschetta or garlic bread. And if you want to make it even more like Olive Garden's version, try adding some garlic and vegetable broth - just be aware that it'll no longer be vegetarian! Now, let's dive into making a delicious Minestrone Soup! For 5 minutes over low heat, occasionally stir in some Cannellini beans, peas, zucchini, tomatoes, spinach, and kale - or any other soft veggies you like. Then, add 6-7 cups of boiling water to cover the veggies completely. Bring it to a boil, then reduce the heat and let it simmer for 40-50 minutes. Make sure not to overcook the veggies; they should remain intact with their vibrant colors. Once cooked, season with salt, pepper, and some chopped fresh basil or parsley. Serve in individual bowls topped with freshly grated Parmigiano Reggiano. Serving size: 150g, Calories: 147kcal, Carbohydrates: 16g, Protein: 5g, Fat: 8g, Sodium: 59mg, Potassium: 605mg, Fiber: 6g, Sugar: 7g, Vitamin A: 5464IU, Vitamin C: 61mg, Calcium: 84mg, Iron: 2mg Follow us NonnaBox for more Minestrone recipes! Italian Minestrone Soup: The Ultimate Vegetarian Recipe! **Prep Time:** 20 minutes **Cook Time:** 50 minutes **Servings:** 6 **Ingredients:** * 2 medium potatoes * 1 medium onion * 2 medium carrots * 1 medium zucchini * 1 stalk of celery * 2 ripe tomatoes or 100g Tomato Passata * 100g pumpkin pulp * 100g broccoli florets * 200g borlotti beans (cranberry beans) or cannellini beans (white kidney beans) * 3 tablespoons extra virgin olive oil * Salt and ground black pepper to taste **Instructions:** 1. Before starting, remember to soak dried beans in water for at least 12 hours. 2. Wash and peel all vegetables thoroughly, then cut them into even pieces. 3. In a high-sided pot, sauté onion, carrots, and celery with two tablespoons of oil over moderate heat for about 10 minutes, stirring occasionally. 4. Add the beans, pumpkin, potatoes, zucchini, broccoli, and tomatoes (or Tomato Passata) to the pot in that order, based on cooking time. 5. Stir and add 1.5 liters of water, lightly salt, cover with a lid, and cook for about 20 minutes over moderate heat. 6. After 20 minutes, add the remaining vegetables and stir, adjusting consistency by adding more hot water if needed. Cook for an additional 15 minutes or until desired consistency is reached. 7. Serve minestrone soup hot or warm, drizzled with oil and seasoned with black pepper. **Tips** * The preparation of Minestrone begins with the soffritto, which consists of sautéed onion, celery, and carrot. * Variations can be endless depending on region or family customs. Add garlic, chili peppers, sage, rosemary, bay leaf, basil, or parsley to give it a personal touch. * In northern Italy, olive oil is substituted with butter or lard, while in central and southern Italy, bacon or chopped ham fat is added for extra flavor. **Storage:** Store minestrone soup in the refrigerator sealed in an airtight food container for up to 3 days. It can also be frozen using fresh ingredients. Make your minestrone soup a game-changer by mastering the soffritto! This vegetable-only soup can be served plain or with bread croutons and Parmesan cheese. In Italy, it's typically a first course, but its nutritional value makes it suitable as a main course too. To take it to the next level, add some ditalini pasta or cereals (like rice, spelt, or barley) for a more satisfying meal. Feel free to customize your minestrone by adding pasta or cereal when the veggies are almost cooked. For variations, look to different regions in Italy, such as Tuscany's use of ditalini rigati and blended beans, Emilia Romagna's egg pasta with nutmeg, Lombardy's rice-based version, or Liguria's trenette with Genovese pesto. The beauty of minestrone lies in its seasonal versatility. In spring, try combining fava beans, fresh peas, spinach, and basil pesto. Summer offers a wide range of options, including zucchini, bell peppers, ripe tomatoes, green beans, and new potatoes. As the seasons change, so too can your minestrone recipe! Italian Minestrone Soup - A Hearty Winter Delight! This rich and flavorful soup is a staple of Italian cuisine during the cold seasons. The recipe features an array of nutritious vegetables, including squash, aromatic leeks, fennel, cabbage, and cauliflower. For added depth, you can incorporate chopped mushrooms. In traditional Italian cooking, waste foods like ham bones and parmesan crusts were also boiled with the vegetables to create a richer broth. The origins of Minestrone date back to ancient Rome, where it was prepared with onions, garlic, carrots, asparagus, lentils, and whatever ingredients were available. Over time, the recipe evolved to include tomatoes and potatoes, introduced from the Americas. The name "Minestrone" comes from the Latin word for distributed food at the table. Italian Minestrone is a versatile soup that can be customized according to regional traditions. This recipe provides a general guideline for preparing a delicious and hearty Minestrone. Simply sauté onions, carrots, and celery in oil, then add beans, pumpkin, potatoes, and water. Season with salt and cook until the vegetables are tender. Finally, add the remaining vegetables and adjust the consistency as needed. To elevate your dish, serve it hot or warm with a drizzle of oil and a sprinkle of black pepper. Don't forget these essential tips: A) When using dried beans, remember to soak them in water for at least 12 hours before cooking. B) Thoroughly wash and peel all vegetables, then cut them into even pieces to ensure consistent cooking. Nutritional Information: Per serving (100g): Calories: 166kcal, Carbohydrates: 23g, Protein: 4g, Fat: 7g, Saturated Fat: 1g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 5g, Sodium: 37mg, Potassium: 750mg, Fiber: 4g, Sugar: 6g, Vitamin A: 5,365 IU, Vitamin C: 49mg, Calcium: 47mg, Iron: 1mg.