



MINISTRONE SOUP WITH COUSCOUS

Ingredients

- 2 tbsp olive oil
- 1 yellow onion, diced
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 3 garlic cloves, minced
- 1 pound Swiss chard, kale, or spinach, stems cut and leaves chopped
- 1 large potato, peeled and chopped
- 1 14-oz can diced tomatoes
- 2 tsp rosemary
- 32-oz low-sodium chicken or vegetable broth
- 1 to 2 cups water
- 1/2 cup pearl couscous
- 1 can cannellini beans, drained and rinsed
- 1 tsp parsley
- 1 tsp oregano
- 1/2 tsp cinnamon
- 1/2 tsp garlic powder
- salt and pepper, to taste

Directions

In a large pot, heat the oil over medium heat. Add the onion, carrots, celery, and garlic and sauté until onion is translucent, about 10 minutes. Stir in the Swiss chard and potato, and sauté for about 2 more minutes. Add the tomatoes, undrained, and rosemary, mixing well, and simmer until the greens are wilted, about 2 minutes. Add in the broth, 1 cup water, and couscous, stirring to combine. Turn heat down to a simmer, and cook until the couscous is cooked through, 10-15 minutes. Add in the beans, parsley, oregano, cinnamon, and garlic powder, and stir until well-combined. Add salt and pepper to taste and more water to your desired consistency. Serve with a slice of crusty bread.

Ellena's Notes

Natalie started all of us at Latah Creek on the Mediterranean Diet this year. A way to eat healthy and help us to all get our bodies feeling better. One of the recipes she made was this soup. But, she said the original recipe was bland, so she just started to throw stuff into it. Well, that did not help me to be able to make it on my own, so she just had to make it again, with me, this time. You can use any pasta you want, as the original recipe called for small shape, but we LOVED the taste and texture the pearl couscous added.



Use gluten free broth and couscous/pasta.

Wine Pairing

This goes wonderfully with our Mike's Reserve Red or Malbec.