





## Winter Minestrone

with Spicy Sizzling Garlic

 20-30min  2 Servings

How do we beat the winter blues? By ladling up a steamy bowl of hearty minestrone. We've swapped the pasta with whole grain farro and employed creamy pinto beans. Kale add a nutritional punch of iron and vitamin C, and the spicy sizzling garlic oil adds a mouth-tingling warmth. If you don't like spice, you can make the garlic oil without the crushed red pepper in step 5. Cook, relax, and enjoy!

## What we send

- crushed red pepper flakes
- canned whole-peeled tomatoes
- pinto beans
- garlic
- yellow onion
- curly kale
- fresh rosemary

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 930.0kcal, Fat 39.0g, Proteins 27.0g, Carbs 121.0g



### 1. Prep ingredients

Halve **onion**, then peel and finely chop 1½ cups. Peel **3 large garlic cloves** finely chop 1 teaspoon, save remaining 2 cloves for step 5. Strip **kale leaves** from stems, then chop into bite-sized pieces. Pick **1 tablespoon rosemary** from stems; coarsely chop leaves (save rest for your own use). Cut **tomatoes** in can with kitchen shears until coarsely chopped.



### 4. Finish soup

Add **beans and their liquid**, ½ cup **farro** (save rest for own use), and **4 cups water**. Season with **1½ teaspoons salt**, and **several grinds of pepper**. Cover and bring to a boil. Move lid to partially cover only and cook over medium heat until grains are tender and soup is flavorful, about 15 minutes. Season to taste with **salt** and **pepper**.



### 2. Sauté aromatics

In a medium pot or Dutch oven, heat **1 tablespoon oil** over medium-high. Add **onion** and **chopped garlic**, and cook, stirring occasionally, until light brown, 5–7 minutes. Stir in **half of the rosemary**, and cook, about 1 minute. Add **tomatoes** and cook, stirring occasionally, until liquid has nearly evaporated, about 5 minutes.



### 5. Make spicy garlic oil

While soup cooks, very thinly slice the **reserved 2 garlic cloves**. In a small skillet, combine sliced garlic, **remaining chopped rosemary**, ¼ cup oil, and **all of the crushed red pepper** (or leave out red pepper for optional garnish). Cook over medium heat until sizzling and garlic is just beginning to brown, about 3 minutes. Transfer to a heatproof bowl.



### 3. Add kale

Add **kale** and cook, stirring, until just wilted, about 1 minute. Preheat broiler with top rack 6 inches from heat source.



### 6. Toast bread & serve

Split **rolls** horizontally and broil directly on the top oven rack until toasted, turning once, 1–2 minutes per side (watch closely as broilers vary). Drizzle cut side with **olive oil** and sprinkle with **salt**. Spoon **soup** into bowls and drizzle with some of the **spicy garlic oil**. Serve **rolls** alongside for dipping. Enjoy!