

IN THE KITCHEN ^{with} TAKE A BITE OF BC!

SOUP BASICS

BCAITC's Chef Randle

BC INSPIRED MINESTRONE SOUP

YIELD: 1.5 litres (6 cups)

- 60 mL (1/4 cup) olive oil
- 120 mL (1/2 cup) BC onion, small dice
- 60 mL (1/4 cup) BC celery, small dice
- 60 mL (1/4 cup) BC carrot, small dice
- 60 mL (1/4 cup) BC butternut squash, small dice
- 3 cloves of BC garlic
- 10 BC green/yellow beans, cut into 1 cm pieces
- 5 mL (1 tsp) dried thyme leaves
- 5 mL (1 tsp) dried oregano leaves
- 150 mL (2/3 cup) tomato paste
- 800 mL (3.5 cups) diced tomato, canned
- 900 mL (3.75 cups) beef stock
- 1 bay leaf
- 1 small yellow skin BC potato, small dice
- 60 mL (1/4 cup) dried orzo pasta (or any small pasta)
- 240 mL (1 cup) kale leaves, sliced
- 60 mL (1/4 cup) beans (pinto, cannellini etc.)
- Salt and pepper to taste



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YIELD: 1.5 litres (6 cups)

Method

1. Heat oil in a large pot.
2. Add the onion, celery, carrot, squash, garlic and beans. Sautee without browning (sweat) for 10 minutes or until vegetables are soft.
3. Add dried thyme and oregano and stir for 30 seconds.
4. Add tomato paste and stir to combine.
5. Add the diced tomato, beef stock, bay leaf, and potato. Stir the ingredients together.
6. Bring to a boil and simmer for 10 minutes, stirring occasionally.
7. Add orzo and simmer 6 minutes more.
8. Stir in kale and beans and season with salt and pepper.
9. Serve with parmesan cheese and focaccia bread.

