

Minestrone Soup

~ From the Kitchen of Janis Frey ~

When the weather starts to cool it becomes “soup time” in my home. Make this recipe when it’s time to clean out your vegetable bins because any combination of vegetables, fresh or frozen works. This recipe makes a lot of soup. So if you aren’t planning on cooking for the winery crew during harvest, you may want to freeze half of the soup before adding the pasta. We added a crusty buttery loaf of French bread and a big glass of 2017 Dusted Valley Cabernet Franc from the Southwind Vineyard Estate, to make this simple meal, one to remember.

Stock

- 3 pounds stew meat cut into 1-inch cubes
- 1 28 ounce can Italian style cut tomatoes
- 2 large onions thinly sliced, about 4 cups
- 1 tablespoon minced garlic
- 1 1/2 cup purchased or homemade pesto
- 1 1/2 gallons of water

Soup

- 3 stalks celery, thinly sliced
- 2 carrots, medium dice
- 2 small zucchinis, large dice
- 1 small yellow crookneck squash large dice
- 1 small head Savoy cabbage, quartered and then thinly sliced
- 3 medium Yukon gold tomatoes, medium dice
- 1 bunch kale, thinly sliced
- 1/2 pound green beans, cut into 1-2 inch pieces
- 1 10 oz. package frozen chopped spinach
- 1 can garbanzo beans
- 1 can kidney beans
- 1 pound rigatoni



In your BIGGEST soup pot combine all of the stock ingredients and bring to a boil. Cover the pot and reduce heat to a simmer. Cook for about 2 1/2 hours. The meat should be very tender. Season the stock with salt and pepper.

Add all of the soup ingredients and bring the soup back to a boil and then cover and simmer for 1 hour. When the vegetables are tender, taste and add more salt and pepper if needed. Bring the soup back to a boil and add the pasta, cook until tender.

Serve in deep soup bowls with bread and a glass of Dusted Valley’s Cabernet Franc!