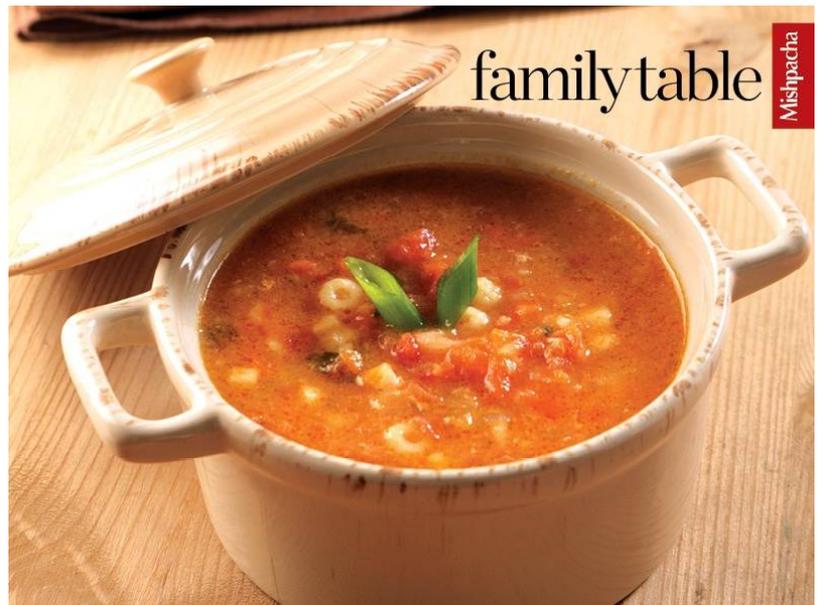


Minestrone Soup for Pesach

Recipe By *Brynie Greisman*



Cooking and Prep:  6 h

Serves:  8

Contains: 

Preference: Meat

Occasion: Passover

Source: Family Table by
Mishpacha Magazine

This is a perfect meal-in-one for these hectic pre-Pesach days. I tried it out recently on guests that I had from the US and they ate it till the last drop!

Ingredients (12)

Main ingredients

- 2 onions sliced
- 4 stalks celery sliced
- 5 carrots grated
- 2-3 tablespoons oil
- 4 tablespoons flour (omit for Pesach)
- 4 cups **Empire Chicken Broth** or other chicken soup (see note)
- 4 cups water

- 6 large tomatoes peeled, cubed, and then pureed
 - 8 ounces (250 grams) meat pieces
 - salt and pepper to taste
 - 1-2 tablespoons brown/white sugar or to taste
 - 2 generous handfuls of small pasta shapes (omit for Pesach)
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Start Cooking

Make the Soup

This soup tastes delicious without the pasta too, so you can make it for Pesach.

1. Sauté onion, celery, and carrots until soft. Transfer to slow cooker (Crock-Pot). Add flour if desired and then chicken soup and water. Cover and bring to a boil on High.
2. Add tomato puree and meat cubes. Cook on Low (it should maintain a steady, slow bubbling) for five hours or until ready. Season with salt, pepper, and brown sugar.
3. Add pasta shapes and cook on Low another 30 minutes or until soft.

Note:

I usually use chicken soup from the freezer that I defrost for this soup. (If you have pieces of zucchini/carrot in your soup and you're afraid they'll taste waterlogged, press them against the side of the pot, while it's cooking, with a big spoon and they will "melt.") If you don't have chicken soup, use water that is flavored with chicken soup powder. It's not the same, but it's close! You can also use just water and add chicken or meat bones.

Tip:

I like to add one or two turkey necks to the soup. It adds delicious flavor and creaminess to the soup. When serving, I shred pieces of the turkey meat in each soup bowl. Everyone loves it that way. Also, I tried pureeing the tomatoes without peeling them (made a pot of soup just for that!!!) and it tasted fine. So if you don't have time, skip the peeling.

Variation:

You can add three medium potatoes cubed, three zucchini cubed and a handful of cabbage. If you want to add body and richness to this soup, top with freshly made pesto. I actually prefer the simplest version above.