

Hearty Minestrone Soup

Recipe By *Estee Kafra*



Cooking and Prep:  1
h 25 m

Serves:  6

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegan, Low Carb,

Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Making a hearty vegetable soup is easy and rewarding. The wine is for those who really travel in style, but it can easily be left out. If you don't have dried herbs, use fresh herbs and chop them up and add them to the soup at the end, along with the pasta. You can add some shredded cheese for a healthy dinner-in-a-bowl option.

Ingredients (17)

Main ingredients

- 1 clove garlic, finely diced
- oil, for sautéing
- 3 tomatoes, peeled and diced
- 3 carrots, peeled and diced

- 2 stalks celery, diced
 - 1 green pepper, diced
 - 1 small eggplant, diced
 - 1 teaspoon oregano
 - 2 teaspoons basil or 1 cube **Dorot Gardens Frozen Basil**
 - 2 teaspoons salt
 - 1/2 teaspoon black pepper
 - 1 tablespoon sugar
 - 1 5.5-ounce can tomato paste
 - 23-ounces (680 milliliters) **Gefen Tomato Sauce**
 - 8 cups water
 - 1/4 cup **Vitkin White Israeli Journey** or other wine (*optional*)
 - 1 cup raw fusilli or rotini noodles (whole wheat is okay)
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Start Cooking

Prepare Soup

1. In a large soup pot, sauté the garlic in oil over medium heat until soft.
2. Add the tomatoes and sauté for two minutes more or until soft.
3. Add the remaining vegetables and cook until they have released some of their natural juices, about five minutes.
4. Add all the remaining ingredients except for the noodles.
5. Add the water last, once all the ingredients are well mixed.
6. Bring to a boil and lower heat.
7. Simmer for one hour, stirring occasionally.
8. Add the pasta 10–15 minutes before serving.

Credits

Photography: Daniel Lailah

Styling: Amit Farber