

Butternut Squash & Kale Minestrone

with Horseradish Gremolata & Parmesan Toast

This hearty soup has its origins deep in Italian culinary history. In the times before the Roman Empire, most Italians ate simply, and most meals were primarily vegetarian. In the colder months, native kales and other vegetables were stewed together to create flavorful broths. These original soups laid the groundwork for the astonishing array of minestrone served today. We're presenting a gourmet version topped with gremolata, a condiment of fresh herbs that gives the dish an aromatic finishing touch.



Ingredients

- 1 Small Baguette
- 1 15-Ounce Can Cannellini Beans
- 3 Cloves Garlic
- 1 Bunch Kale
- 1 Leek
- 1 Pound Butternut Squash
- 1 Bunch Parsley
- ½ Cup Pastina Star Pasta

Knick Knacks

- 1 1-Inch Piece Fresh Horseradish
- ¼ Cup Grated Parmesan Cheese
- 2 Teaspoons Minestrone Spice Blend
(Sweet Paprika, Ground Bay Leaf, Ground Sage, Dried Orange Rind, Ground Nutmeg & Crushed Red Pepper Flakes)

Makes 2 Servings

About 655 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Slice the baguette in half lengthwise. Drain and rinse the beans. Peel and thinly slice the garlic. Remove and discard the kale stems; roughly chop the leaves. Trim off and discard the roots and upper, dark-green leaves of the leeks. Halve the leeks lengthwise; thoroughly rinse the layers under cold water. Thinly slice the halves crosswise. Using a sharp, sturdy knife, peel and medium dice the butternut squash. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Peel and grate the horseradish.

2



Cook the aromatics:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**, **leek** and **spice blend**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened and fragrant.

3



Add the beans, kale & squash:

Add the **beans**, **kale**, **squash** and **5 cups of water** to the pot of aromatics. Heat to boiling on high. Once boiling, reduce the heat to medium-low. Simmer, stirring occasionally, 18 to 20 minutes, or until slightly thickened. Using a fork, mash **about one-quarter of the cooked squash pieces** against the side of the pot; stir to incorporate. Remove from heat.

4



Cook the pasta & make the gremolata:

While the soup simmers, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 4 to 6 minutes, or until just shy of al dente (still slightly firm to the bite). Drain thoroughly and set aside. While the pasta cooks, in a small bowl, combine the **parsley** and **horseradish**. Set aside.

5



Make the Parmesan toast:

After the soup has simmered for 10 minutes, place the **sliced baguette** on a sheet pan, cut side up. Drizzle with olive oil and sprinkle with **one-third of the Parmesan cheese**; season with salt and pepper. Bake 5 to 7 minutes, or until golden brown and crispy.

6



Finish & plate your dish:

Stir the **cooked pasta** and **remaining Parmesan cheese** into the soup; season with salt and pepper to taste. Divide the **finished soup** between 2 bowls. Serve with the **Parmesan toast** on the side. Garnish with the **horseradish gremolata**. Enjoy!