

Veggie Drop Minestrone

6-8 young shallots with the tops
2-3 C. chopped Kale
2 T. cooking oil or olive oil
2 T minced garlic
1 T dried oregano
1 T dried basil
2 t fennel seeds
1 T coarse sea salt
1 T black peppercorns
½ t red pepper flakes (optional)
1 T dried thyme
1 15 oz. can sliced carrots
1 15 oz. can creamed corn
1 15 oz. can green beans
1 15 oz. can Fennel and Red Pepper Diced Tomatoes
1 15 oz. can No Salt Added Tomato sauce
1 15 oz. can low sodium chicken or beef broth
2 C. cooked kidney beans
2 C. frozen macaroni noodles
2 C. diced pepperoni
1 C. Pizza crumbles
1-2 C. Water (optional)

1. Wash shallots and kale.
2. Chop shallots
3. Grind sea salt, peppercorns and fennel seed with a mortar and pestle until the herbs make a relatively fine textured blend. No mortar and pestle? Plain salt and black pepper work just as well, the fennel seed will be whole and that's ok too.
4. Heat a large stock pot on medium heat.
5. Add oil to the stock pot
6. Add shallots, garlic, oregano, basil, pepper flakes, thyme, salt, pepper, ground fennel seed
7. Sautee mixture until shallots begin to soften
8. Chop or tear kale into small pieces and add to pot
9. Cook over medium low heat until shallots are translucent and kale begins to wilt
10. Open canned tomatoes, veggies and stock. Do not drain.
11. Add canned goods, liquids included, to the pot.
12. Add kidney beans
13. Bring mixture to a boil
14. Add macaroni noodles, pepperoni and pizza crumbles
15. Add 1-2 C water to thin the soup if desired
16. Cook until macaroni noodles are tender
17. Serve and Enjoy!

So there it is, Veggie Drop Minestrone! A good for you, chocked full of vitamins and minerals, full of fiber, low-fat summer meal. Serve it with some of the crusty artisan bread available at most pantries. Just warm the bread a bit in the oven. This soup makes plenty to feed the whole family, your friends and neighbors and enough to save for later.

If you don't have to rely on food pantries and Food Finders Mobile Pantries to survive, you can still make this great tasting, healthy meal. Use fresh vegetables instead of canned where you are able. Add or substitute vegetables you like for ones you don't. Leave out the pepperoni and sausage crumbles for a vegetarian meal and any kind of pasta works!