

Lee's Minestrone with Rice Soup



Directions:

On the stovetop, in a stock pot, saute onion, parsley, garlic, celery, and pepper flakes in olive oil or water until tender, but do not brown. Add beans with the vegetables, except the spinach, and remaining seasonings. Cook on medium-low heat for 30-40 minutes or until vegetables are tender. Add the fresh spinach and cooked rice, and stir. Let rest with the lid on for 5-10 minutes to soften the spinach. Remove the bay leaf. This is a thick soup, but if you want your soup thinner, add more vegetable broth or water.

Directions for Instant Pot: Select the saute setting and follow the directions above for sauteing and adding all the ingredients, but reset the cooking program, seal the lid, then select the manual or pressure cook setting and set the cooking time for 5 minutes at HIGH pressure. It may take a while to come to pressure before the cooking time begins. When the cooking time ends, turn the Pressure Release to vent any remaining steam before opening. Ladle and serve hot!

If you prefer you can use brown rice, or a grain like farro instead of the white rice.

I found a dried, crunchy chickpea topping at the local Indian market that is nice to add atop soups.

Ingredients:

2 Tbsp extra virgin Olive Oil or Water, oil optional
1 Sweet Onion, diced
1-2 Garlic, minced
2 TBSP flat-leaf Parsley, chopped
1 Bell Pepper, seeded and diced
1 large Carrot, diced
1 med-large Potato, diced
2 Celery Stalks, diced
¼ head of Cabbage, chopped
2 Zucchini, diced
½-lb fresh Spinach, chopped
1 15-oz can *each* of Cannellini and Kidney Beans or Garbanzo Beans (drained and lightly rinsed)
1 14.5-oz can diced Tomatoes
4 cups low-sodium Vegetable Broth
½ -cup cooked long-grain White Rice
1-1.5 tsp fine sea salt (to taste)
¼ tsp Black Pepper (to taste)
1 tsp Italian Seasoning
⅛-tsp ground Sage
1-tsp ground Thyme
1 tsp crushed Red Pepper
1 Bay Leaf

COOK'S NOTES: