

Cooking in Captivity — Really Good Friday Minestrone

By Jess Kwong, adapted from Roxanne Rosensteel



2 tbsp olive oil
1 yellow onion, diced
3 ribs celery, diced
3 carrots, diced
Handful of small Yukon gold potatoes, cut into bite-sized pieces
3 garlic cloves, minced
1 tsp thyme
2 tsp dried oregano
1 15 oz. can diced tomatoes
1 15 oz. can garbanzo or cannellini beans, drained
2x2" square of parmesan rind
6 cups chicken broth
Small bunch lacinato kale, chiffonnade
Parmesan (lots, to garnish)
Freshly cracked pepper (to garnish)
Olive oil (to garnish)

1. In a large pot, heat oil over medium heat. Sauté onions, celery, and carrots until onion is translucent.
2. Add potatoes, garlic, herbs, canned tomatoes, beans, parmesan rind, and chicken broth. Bring to a boil then lower to a simmer. Season with salt and pepper and simmer for about an hour. If you can't wait that long, no worries. More time means deeper flavors, but you can dig in whenever you feel like it.
3. Before serving, add kale and cook for 2 minutes.
4. Portion into bowls, drizzle with a thick layer of good olive oil, garnish with plenty of pepper and parmesan. No—more! Definitely more parmesan. Ehhhhhh a little more than that. Ok, good job. Restore thyself!