



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Kale**

Kale Minestrone

Ingredients:

4 cups kale, stems removed and sliced
6 cups water or chicken broth
1 cup ditalini pasta
2 large carrot, diced
2 stick celery, chopped
1 leek, cleaned and chopped
1 medium onion, diced
2 garlic cloves, minced
1 28-ounce tomatoes, chopped with juice
15 oz kidney beans, cooked
15 oz white beans, cooked
2 Tbs tomato paste
1 Tbs dried oregano
1 Tbs dried basil
2 bay leaves
2 Tbs oil
salt and pepper to taste
grated Parmesan for serving
butcher's twine

Directions:

Tie the fresh herbs with butcher's twine. Set aside. Heat the oil in a Dutch oven over medium heat. Add the onion, carrot, celery, dried herbs, and leek. Sprinkle lightly with salt and pepper. Cook until onion is translucent about 5 minutes then sweat the vegetables another ten minutes. Stir in the pasta, tomatoes, water or chicken broth, and bay leaves. Sprinkle with salt and pepper. Cook, stirring occasionally for about 20 minutes.

Stir in the beans during the last 5 minutes of cooking. Turn off the heat. Stir in the kale. Add salt and pepper if needed. Serve with a sprinkle of parmesan cheese.