

Rustic Caramelized Onion Minestrone

INGREDIENTS

2 tablespoons olive oil
1 large onion, halved and sliced
2 teaspoons salt
4 cloves garlic, minced
8 cups vegetable stock
1 (15 oz) can diced, fire-roasted tomatoes, including liquid
1 (15.5 oz) can cannellini beans, drained and rinsed
2 large russet potatoes, peeled and cut into 1-inch cubes
2 carrots, peeled and chopped into 1-inch pieces
2 stalks celery, diced
1 1/2 tablespoons dried Italian seasoning
1/2 teaspoon black pepper
2 cups fresh green beans, trimmed and cut into 1-inch pieces
1 cup green peas, fresh or frozen

PREPARATION

Heat olive oil over medium-high heat in a soup pot. Add onions and a pinch of salt. Cook, stirring frequently for 2 minutes. Reduce heat to medium low, and continue cooking the onions, stirring occasionally, until they are very soft and light brown in color, 20-30 minutes.

Add garlic and stir until fragrant.

Pour vegetable stock into the pot slowly. Stir to scrape up and incorporate brown bits from the bottom of the pan.

Stir in tomatoes, cannellini beans, potatoes, carrots, celery and seasonings. Bring mixture to a slow boil then reduce heat to low.

Simmer uncovered for 25 to 30 minutes, stirring occasionally.

Add green beans and peas. Stir well, and continue cooking for another 15 minutes.

Ladle into bowls, and serve with an optional side of crusty

bread!