

Tuscan Minestrone with Orzo Pasta

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-squash-and-potato-recipe>

Ingredients:

- 7 ounces pasta orzo, risoni, 7oz you can use other pasta of your choice
- 1 1/4 cups borlotti beans cranberry beans, 9oz precooked or canned. Rinse canned beans before using.
- 2 7/8 cups savoy cabbage 7oz washed and chopped
- 7 ounces Swiss chard fresh, 7oz washed and chopped. Lower part of white stems removed.
- 5 9/16 cups kale cavolo nero, 7oz washed and chopped
- 1 1/16 cups squash or pumpkin, 5oz peeled and cut into cubes
- 2 potatoes peeled and cut into cubes
- 2 leeks washed and cut into slices
- 2 tomatoes peeled and chopped or 300 g, 10oz passata
- 1 onion peeled and sliced
- 2 carrots washed and cut into small pieces
- 2 celery stalks washed and cut into small pieces
- 4 tablespoons extra virgin olive oil . plus more for serving
- salt to taste
- freshly ground black pepper . to taste
- Parmigiano Reggiano
- rennet
- 4 1/4 cups warm water or vegetable stock, 4.5 cups or water from cooked beans

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 120 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 27 grams
6. Protein: 30 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 460 milligrams
 9. Sugar: 11 grams
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