

# Sweet Potato & Kale Minestrone

Serves 4

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.*

## **Ingredients:**

1 large yellow onion, minced  
3 carrots, cut into ½ inch half-moons  
2 stalks of celery, cut into thin ½ inch half-moons  
2 cloves of garlic, smashed  
fresh thyme sprigs or 1 tsp. dried thyme and/or 1 tsp. dried oregano  
1 bay leaf  
1 (26-ounce) can low-sodium diced tomatoes  
4 to 6 cups low-sodium chicken stock, chicken broth or water  
2 sweet potatoes, peeled and diced  
8 to 10 ounces kale, stemmed and washed  
1 (15-ounce) can cannellini beans, drained and rinsed  
2 cups small pasta, such as tubetti or elbow macaroni, already cooked  
Salt & pepper, to taste  
parmesan cheese, optional



## **Directions:**

1. Heat olive oil over medium heat in a large, heavy soup pot.
2. Add the onions, carrots, celery, garlic, thyme and bay leaf cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.
3. Add the tomatoes, 6 cups of the chicken stock/broth or water, sweet potatoes and kale. Bring to a boil, then lower heat and simmer uncovered for 30-35 minutes, until the vegetables are tender.
4. Discard the bay leaf. Add the beans, pasta and cook for an additional 8-10 minutes. Season with salt and pepper and/or sprinkle with parmesan cheese.

**Chef Raquel Rivera-Pablo**

**A Pinch of Salt, LLC**

[www.apinchofsalt.com](http://www.apinchofsalt.com)

[Raquel@apinchofsalt.com](mailto:Raquel@apinchofsalt.com)



**Bringing Good Food  
For All**