



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Roasted Vegetable Bean Soup (adapted from the Pioneer Woman)

8-10 servings

Ree specifies to roast the vegetables on two sheet pans so you don't overcrowd them. I used only one pan. The vegetables were overcrowded. I recommend using two pans, so your squash gets browned but not mushy.

I skipped the pasta that Ree calls for (and therefore decided not to call this minestrone – even though I realize that pasta isn't what makes a soup minestrone). For one thing, it doesn't fit into my nutritional specifications (see above re: strict rules for food at work). For another, pasta in soup doesn't make for good leftovers. And finally, pasta in soup like this is just a tease for me; one morsel of pasta in every other bite just isn't enough.

2 zucchini, diced into ½-inch cubes
2 summer squash, diced into ½-inch cubes
8 ounces white mushrooms, quartered
2 tablespoons olive oil
kosher salt
2 carrots, sliced
1 onion, diced
3 stalks celery, sliced
2 cloves garlic, minced
1 tablespoon tomato paste
8 cups low-sodium chicken broth
1 (14.5-ounce) can diced tomatoes, undrained
2 (15-ounce) cans cannellini beans, rinsed
1 cup green beans, cut into 1-inch pieces
parmesan cheese, shaved

1. Adjust the oven racks to the lower-middle and upper-middle position; heat the oven to 500 degrees. Toss the zucchini, squash, and mushrooms in a bowl with 1 tablespoon of olive oil and a sprinkling of kosher salt. Divide the vegetables between two baking sheets and roast in the hot oven for 5 to 10 minutes, or until brown and black parts begin to show. Remove from the oven and set aside.

2. Meanwhile, in a 5-quart Dutch oven, heat another tablespoon of olive oil over medium heat. Add the carrots, onions, and celery; cook until just beginning to brown, about 8 minutes. Add the garlic and tomato paste and cook, stirring constantly, until fragrant, about 30 seconds.

3. Pour in the broth, tomatoes with their juice, and 1 teaspoon salt; bring to a boil over medium-high heat. Add the cannellini beans and green beans; simmer for fifteen minutes, until the green beans are just tender. Stir in the roasted vegetables. Taste for seasoning, adding more salt if necessary. Serve with parmesan.