



Summer Minestrone with Ground Turkey



Time: 65 min.

Difficulty: Medium

Ingredients (6 people)

- Chopped Tomatoes 750g 1 box
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- Cannellini beans 1 can, rinsed and drained
- Carrots 2 peeled and chopped
- Celery stalks 2 chopped
- Chopped fresh parsley 1 cup
- Dry bay leaves 2
- Dry thyme 1 ½ tsp
- Extra virgin olive oil to taste
- Garlic cloves 4 chopped
- Ground turkey ¾ lb
- Parmesan cheese 1 rind
- Red onion 1 medium, chopped
- Salt and pepper to taste
- Small pasta 2 cups, cooked according to package instructions and drained
- Sweet paprika 1 tsp
- Torn fresh basil leaves ½ cup
- Water 7 cups (or 4 cups no-sodium vegetable broth and 3 cups of water)
- Yellow summer squash 1 diced
- Zucchini 1 diced

For this recipe we used:



Preparation

A simple summer minestrone, augmented with ground turkey and fresh herbs, makes the **perfect one-pot meal**. Just add your favorite crusty bread to serve!

1. Heat 2 tbsp extra virgin olive oil over medium heat until shimmering but not smoking. Add onions, carrots, and celery. Cooking, stirring regularly, for 5 minutes.
2. Add garlic and ground turkey (break turkey up with wooden spoon.) Season with salt, pepper, and 1 tsp sweet paprika. Cook, stirring occasionally until turkey is fully cooked through.
3. Add **Pomi Chopped Tomatoes**, water, zucchini, yellow squash, bay leaves, thyme, and Parmesan rind.
4. Bring to a boil for 5 minutes, then reduce heat to low, cover and let simmer for 25 minutes or so.
5. Uncover and add cannellini beans. Cook for another 5 to 7 minutes until beans are incorporated and warmed through.
6. Add the cooked pasta before serving, and let that cook through up to 5 minutes until warmed.
7. Off heat, stir in parsley and basil.
8. Serve hot with your favorite crusty bread.

Recipe by Suzy Karadsheh of TheMediterraneanDish.com

- *The Mediterranean Dish*