

Meal Kit # 1

Recipe #3

Minestrone y arroz Minestrone & Rice

Minestrone y arroz

Receta adaptada de [The FruitGuys](#)

INGREDIENTES

- 3 cucharadas de aceite de oliva
- 2-3 dientes de ajo, pelados y picados muy pequeños (guardar el resto para otras recetas)
- 1 cebolla amarilla mediana, pelada y picada al tamaño de un guisante
- 2 zanahorias, lavadas y cortadas en trozos de 1 pulgada
- 4 tallos de apio, lavados, con los extremos recortados y picados en trozos grandes
- 2 cucharadas de pasta de tomate
- 1 manojo de col rizada, lavada, sin costillas ni tallos, y cortada en trozos pequeños
- 4 papas, lavadas, peladas y cortadas en cubos de 1 pulgada
- 1 lata de frijoles, escurridos
- 1/2 taza de arroz
- 6-8 tazas de agua (suficiente para cubrir las verduras)
- 4 paquetes de queso parmesano
- Sal y pimienta al gusto

INSTRUCCIONES

1. En una olla grande para sopa, calienta 3 cucharadas de aceite de oliva a fuego medio y añade la cebolla, el ajo, el apio y la zanahoria picados con una pizca de sal. Remover hasta que se dore, 5-10 minutos. Agrega 2 cucharadas de pasta de tomate con media taza de agua y combina.
2. Añade las papas, la col rizada, 1/2 taza de arroz y suficiente agua para cubrir las verduras (4-6 tazas, generalmente). Cocer a fuego medio, removiendo de vez en cuando, hasta que las papas y el arroz estén cocidos, unos 20 minutos. Añade más agua, media taza cada vez, si la sopa queda demasiado espesa.
3. Añadir los frijoles escurridos y cocina a fuego lento hasta que se calienten.
4. Si la sopa está demasiado aguada, sigue cociendo a fuego lento hasta que alcance el espesor deseado.
5. Servir caliente y cubrir con queso parmesano rallado.

Opcional: Servir con pan tostado, frotado con ajo, y un chorrito de aceite de oliva.

Tiempo de preparación: 20 minutos; Tiempo de cocción: 25-30 Porciones: 8-12

Meal A3: Minestrone & Rice

Nutrition Facts

8 Servings Per Container

Serving Size 394g

Amount Per Serving
Calories 240

% Daily Value *

Total Fat 7g 8%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrates 40g 14%

Dietary Fiber 7g 23%

Total Sugars 4g

Includes Added Sugars 0g

Protein 7g

Vitamin D 0.0ug 0%

Calcium 110mg 9%

Iron 1.5mg 8%

Potassium 550mg 12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Water, Potatoes, boiled, cooked without skin, flesh, with salt, Carrots, frozen, cooked, boiled, drained, without salt, Kidney Beans, Kale, Onions, White Rice, Olive Oil, Tomato products, canned, paste, without salt added (Includes foods for USDA's Food Distribution Program), Garlic, Parmesan Cheese

Contains: Dairy

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Recipe adapted from [The FruitGuys](#)

INGREDIENTS

- 3 tablespoons olive oil
- 2-3 cloves garlic, peeled and chopped tiny (save remainder for Kit 2 recipes)
- 1 medium yellow onion, peeled and chopped to size of a pea
- 2 carrots, scrubbed and chopped roughly into 1-inch pieces
- 4 celery stalks, washed, ends trimmed, and chopped roughly
- 2 tablespoon tomato paste
- 1 bunch of kale, washed, ribs & stems removed, and chopped into bite-sized pieces
- 4 potatoes, washed, peeled, and cut into 1-inch cubes
- 1 can beans, drained
- 1/2 cup rice
- 6-8 cups water (enough to cover veggies)
- 4 Parmesan cheese packets
- Salt and pepper to taste

INSTRUCTIONS

1. In a large soup pot, heat 3 tablespoons of olive oil on medium heat and add chopped onion, garlic, celery, and carrot with a pinch of salt. Stir until golden, 5-10 mins. Add 2 tablespoons tomato paste with a half-cup of water and combine.
2. Add potatoes, kale, 1/2 cup rice, and enough water to cover the vegetables (4-6 cups, generally). Simmer on medium, stirring occasionally, until potatoes and rice are cooked, about 20 mins. Add more water, half a cup at a time, if the soup becomes too thick.
3. Add drained beans and simmer until warmed through.
4. If soup is too watery, continue simmering until it reaches desired thickness.
5. Serve hot and top with grated parmesan cheese.

Optional: Serve with toasted bread, rubbed with garlic, and a drizzle of olive oil.

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