



ROASTED VEGETABLE MINISTRONE

Serves 8 - 10

Roasting vegetables in a hot oven gives them a richer flavour.

Watch them carefully to make sure they don't burn.

INGREDIENTS

- 2 medium bulbs fennel, trimmed, quartered, cored and cut into slices
- 3 ribs of celery, cut into bite-sized pieces
- 2 large carrots, peeled and cut into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 - 796ml (28oz) can diced tomatoes
- 1 - 540ml (19oz) can white kidney beans
- 1 - 540ml (19oz) can red kidney beans
- 8 cups low sodium chicken broth
- 1 teaspoon dried mixed Italian seasoning
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup finely grated parmesan cheese

DIRECTIONS

1. Heat the oven to 450°F.
2. Line baking sheet with aluminium foil or parchment paper. Spread the chopped vegetables on the baking sheet and toss with the oil, salt and pepper.
3. Roast for 20 to 30 minutes, stirring after 10 minutes. The vegetables should be nicely browned and tender. Transfer vegetables to a large pot.
4. Add the tomatoes and their juices, the drained and rinsed beans, the chicken broth, and dried herbs to the pot. Bring to a boil, turn the heat to medium low, cover, and simmer for 40 minutes, stirring occasionally. Thin with water, if necessary, to get the consistency you like. Stir in the parsley, salt and pepper to taste.
5. Ladle into bowls and serve immediately and top with grated parmesan cheese.

Recipe from the Indigenous
Diabetes Health Circle IDHC
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