



## Autumn Minestrone Soup

### Ingredients:

- \* 2 tablespoons canola or other vegetable oil
  - \* 1 cup chopped onions
  - \* 2 garlic cloves, minced or pressed
  - \* 2 1/2 cups peeled and cubed winter squash
  - \* 2 celery stalks, diced
  - \* 1/2 cup peeled and diced carrots
  - \* 2 1/2 cups cubed potatoes
  - \* 1 teaspoon dried oregano
  - \* 2 teaspoons salt
  - \* 1/2 teaspoon ground black pepper
  - \* 6 cups water
  - \* 4 cups chopped kale
  - \* 1 1/2 cups cooked or canned cannellini beans (15-ounce can, drained)
- 

### Preparation:

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water and cook for 10 minutes or until the potatoes are almost done. Add the kale and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot.

Serve immediately.