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Wellness Ideas for Everyday Living.

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Hearty Minestrone

Serves 4 to 6 people

Ingredients:

1/2 onion
6 ribs celery
2 carrots
1 pound beef (tenderloin preferably)
1 tablespoon grapeseed oil
3-4 sprigs fresh thyme
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 red pepper
4 mushrooms
1 cup sugar snap peas
2 tomatoes
1 cup swiss chard, stems removed)
2 tablespoons tomato paste
1 cup low sodium chicken or beef stock
3 cups water
1/2 cup mixed lentils
1 tablespoon Italian seasoning
salt and pepper to taste
parmesan cheese for sprinkling on top (optional)

Directions:

1. Chop onions, celery, carrots and saute in pot with grapeseed oil for 5 minutes.
2. Cut beef into 1/4 inch cubes and add to pot. Cook until no longer pink.
3. Add minced thyme, soy sauce, and Worcestershire sauce to pot and cook for 5 minutes.
4. Chop in large chunks the red pepper, mushrooms, sugar snap peas, tomatoes and add to pot. Cook for 5 minutes.
5. Add chopped swiss chard along with tomato paste and stir into mixture.
6. Add chicken stock and water to mixture along with lentils, Italian seasoning and salt and pepper. Adjust the seasonings as preferred.
7. Simmer for about 30 minutes.
8. Serve with a sprinkle of parmesan cheese, a side salad and warm whole grain buns.