

Spring Minestrone

BY THE GOOD HOUSEKEEPING TEST KITCHEN

Mar 17, 2017

YIELDS: 4 servings

PREP TIME: 0 hours 10 mins

COOK TIME: 0 hours 35 mins

TOTAL TIME: 0 hours 45 mins

Ingredients

2 tbsp. olive oil

2 medium carrots, chopped

1 medium leek, thinly sliced

8 sprigs fresh thyme, tied together

3 large red potatoes, chopped

2 qt. lower-sodium vegetable or chicken broth

1 bunch asparagus, sliced

1 can (15 oz.) navy beans, rinsed and drained (optional)

2 tbsp. chopped fresh dill

Directions

- 1 In 8-quart saucepot, heat 2 tablespoons olive oil on medium. Add carrots, leek, fresh thyme, and 1/4 teaspoon salt. Cook 8 minutes, stirring. Add red potatoes, chopped, and lower-sodium vegetable or chicken broth. Partially cover and heat to boiling on high; reduce heat to simmer. Cook 25 minutes or until potatoes are tender.

- 2 Add asparagus and simmer 3 minutes or until tender. Discard thyme. Stir in navy beans (optional), fresh dill, 1/4 teaspoon salt and 1/2 teaspoon pepper.

Test Kitchen Hack: When you're slicing the asparagus, leave the stalks rubber banded together. Trim the ends and cut through the rest of the stalk with a few quick strokes to slice all of your asparagus in seconds.

Nutritional information (per serving): About 330 cals, 7 g protein, 62 g carbs, 7 g fat (1 g sat), 7 g fiber, 1,030 mg sodium