



Minestrone soup

Servings: 0 servings

Ingredients

- 1 T olive oil
- 4 green onions chopped
- 1/2 red or white onion chopped
- 2 celery stalks chopped
- 3 large carrots chopped
- 4 oz finely chopped shaved deli ham
- 3 c water
- 3 c low salt chicken broth
- 1 c uncooked barley
- 2 bay leaves
- salt and pepper to taste
- 1 14 oz can diced tomatoes with basil
- 1 bunch kale chopped

Directions

heat oil in large saucepan or dutch oven. add onions, celery, carrots and ham and saute 10 mins. add water and next 5 ingredients
bring to a boil reduce heat and simmer till barley is tender about 30 mins
stir in tomato and kale-cook till thoroughly heated
serve with toasted pita bread
sprinkle with parmesan cheese if desired

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