

Smokey Minestrone Soup

Source: <https://comfybelly.com/2013/11/smokey-minestrone-soup/#.WmecInnavIX>

Ingredients:

- 2 tablespoons olive oil
- 8 ounces (227 g) bacon, diced
- 1/2 cup (80 g) yellow or red onion, peeled and diced
- 2 cups (260 g, or about 3) carrots, peeled and diced
- 2 cups (200 g, or about 3 stalks) celery, trimmed and diced
- 4 large garlic cloves (20 g), peeled and minced
- 1 teaspoon (2.2 g) fresh thyme leaves
- 1 teaspoon smoked salt (or other salt) or more to taste
- 28 ounce (800 g) diced tomatoes (and juice)
- 6 cups (1.4 l) chicken or vegetable stock
- a small wedge Parmesan rind (optional)
- 15 ounces (425 g) canned or soaked cannellini beans, drained and rinsed
- 8 ounces (225 g) chopped spinach or kale leaves (no stems)
- Freshly grated Parmesan (for serving)

Directions:

1. Preheat a large stockpot on low to medium heat and add the olive oil to it.
2. Add the bacon to the pot and let it cook for 10 minutes or until it begins to brown a bit.
3. Add the onions, carrots, celery, and cook for 10 minutes, or until the vegetables begin to soften.
4. Add the garlic and thyme and cook for a few more minutes, or until the garlic is becoming fragrant.
5. Add the tomatoes, stock, salt, and Parmesan rind, and bring the pot to a boil. Lower the heat to a simmer and cook uncovered for about 30 minutes or until the vegetables are tender.
6. Add the beans and and spinach and cook for another 5 minutes or until the spinach is wilted.
7. Optionally, serve with a tablespoon or so of shredded Parmesan.
8. Store in the refrigerator for a few days or freeze for a few months.

Note:

- I use Alderwood smoked salt in this recipe, but any smoked salt will work, or just use a good sea salt or fine salt and let the bacon provide the smokey flavor. If you have an extra
- If you eat gluten-free pasta, when the soup is done you can add about 2 cups of brown rice pasta or other gluten-free pasta. For SCD, use Navy beans if you're adding beans, or instead of beans use diced

cauliflower, parsnip, or another diced vegetable. For Paleo, replace the beans with cauliflower, parsnips, or other vegetable.

- Great toppings include shaved or shredded Parmesan or other aged cheese, and garlic croutons.