



Mama Terra's Minestrone

This robust hardy stock gets its earthy flavors from sun-dried tomatoes and oregano and an unparalleled richness from hard cheese rind. When finishing up a wedge of Italian cheese, such as Parmesan, Pecorino Romano or Asiago, throw the rind in the freezer and you'll be ready to whip up a heart-warming soup at a moment's notice.

Prep Time: 20 minutes

Cooking Time: 60 minutes

Serves: 6-8

10 cups water
6-10 square inches of cheese rind
3/4 cup sun-dried tomatoes (dry, not packed in olive oil), chopped
2 tablespoons garlic, minced or pressed
2 medium potatoes, peeled and diced into 1/2-inch cubes
1 medium onion, chopped fine
2 stalks celery, chopped
2 large carrots, peeled and chopped
1 14-ounce can cannellini beans, drained and rinsed
1 14-ounce can kidney beans, drained and rinsed
1 14-ounce can garbanzo beans, drained and rinsed
3 tablespoons dried oregano
1 tablespoon salt
1 teaspoon black pepper
2 cups cooked pasta (small shells, macaroni)
1 cup grated Italian cheese

While preparing vegetables, simmer cheese rind, sun-dried tomatoes and garlic in water and bring to a moderate boil. Add potato, onion, celery and carrot as they are chopped. Add beans and spices. Simmer for 45-60 minutes until potatoes can be pierced with a fork and stock has full flavor. While stock is simmering, prepare pasta according to package instructions. Fish out the cheese rind and add cooked pasta before serving. Serve topped with grated cheese.

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