



Makes 6 cups
Cook Time: 35 minutes

INGREDIENTS:

1 medium turnip, peeled and cut into ½-inch dice (2 cups)

1 small onion, cut into ¼-inch dice (1 cup)

1 cup mushrooms, cut into ½-inch dice

2 teaspoons fresh garlic, minced (4 cloves)

2 cups cauliflower, cut into ½-inch florets

1 medium zucchini, cut into ½-inch dice (1 cup)

1 (15-ounce) can white beans, rinsed and drained (1½ cups)

1 cup whole grain macaroni

1 tablespoon finely chopped fresh sage

1 tablespoon finely chopped fresh parsley

1 teaspoon Italian seasoning

2 tablespoons apple cider vinegar

Sea salt

Freshly ground black pepper

1 roasted red pepper (from the jar), cut into ¼-inch dice, for garnish

Winter White Bean Minestrone

A delicious addition to a holiday menu or a hearty one-pot meal on a winter night, this comforting white minestrone is full of vegetables and fresh herbs. Top with chopped **roasted red peppers** for a pretty color contrast.

By Darshana Thacker Wendel

- 1 Sauté turnips, onions, mushrooms, and garlic in a soup pot over medium low heat, stirring frequently, until onions start to turn golden brown, about 10 minutes. (There is no need to add water; the mushrooms will release enough liquid to prevent sticking.)
- 2 Add the cauliflower, zucchini, beans, macaroni, sage, parsley, Italian seasoning, and 4 cups of water; cook for 10 minutes until the macaroni is al dente.
- 3 Add the vinegar, and salt and pepper to taste. Cook for 5 minutes longer, until the flavors merge. Add more water if the soup gets too thick.
- 4 Serve soup hot, garnished with chopped roasted peppers.