

Vignole - Italian Spring Vegetable Soup from Urban Sacred Garden



Vignole, loosely translated, means a “celebration of spring” and this lovely light and savory soup is just that. Filled with young, tender, green vegetables, herbs and simple white beans, you can’t help but think of the lightness of spring. This is the perfect, healthy soup, with just a little Prosciutto di Parma for texture and flavor. Enjoy the bright loveliness of this simple spring inspired dish.

Yield: 10 Servings

INGREDIENTS

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| 4 Tbsp Olive Oil | 1 15 oz. Can Great Northern Beans, drained and rinsed* |
| 1 Bunch (About 6) Green Onions, chopped into small rounds | 1 15 oz. Can White Kidney Beans, drained and rinsed* |
| 2 Medium Leeks, coarsely chopped | 4 Fresh Sprigs Thyme, leaves only |
| 3 oz. Thinly Sliced Prosciutto di Parma, torn into pieces | 1/4 Cup Fresh Mint, finely chopped |
| 64 oz. Unsalted Chicken Stock | 1/4 Cup Flat Leaf Parsley, coarsely chopped |
| 10 oz. Fresh English Peas or Frozen Peas | Fresh Ground Sea Salt |
| 2 Cups Baby or Small Zucchini, coarsely chopped | Fresh Ground Black Pepper |
| 1 1/2 Cups Baby Broccoli, coarsely chopped | 3 Cups Fresh Swiss Chard, coarsely chopped |
| | Parmesan Cheese, shredded for garnish |

*You can substitute other varieties of white beans.

DIRECTIONS

1. Heat olive oil over medium high heat in the bottom of a large stock pot or dutch oven. Add Green Onions, Leeks and Prosciutto. Cook for about 5-7 minutes, stirring occasionally, until onions and leeks begin to become transparent and before Prosciutto is too browned.
2. Add Chicken Stock, Peas, Zucchini and Broccoli. Bring Chicken Stock to a slow rolling simmer, cook veggies for about 3-5 minutes until barely tender.
3. Add Beans, Thyme, Mint and Parsley. Continue to heat for a few minutes until Beans are warmed through.
4. Add Swiss Chard. Cook for a few more minutes, adding Salt and Pepper to taste to balance final flavor. Remove from heat.
5. Serve in individual bowls with a sprinkle of Parmesan Cheese. Goes great with warm, crusty whole grain bread. Enjoy!