



TOUGHEST TABLE



COOKING FOR THOSE YOU LOVE

TOUGHESTTABLE.COM

Mortestrone

IT ALL BEGAN HERE, although it has morphed over 35 years into this current recipe. I crave this soup! It never fails to make me feel better. I love making it and it is always a major hit amongst my friends and family. I bring it to friends who don't feel well and I always freeze extra for my daughter to bring home. I love the process of slowly cutting the vegetables, cooking them over low heat and the wonderful smell of veggies, herbs and tomatoes cooking in the house. This recipe lends itself to a cold dark late autumn to late winter night and it should be a mainstay in everyone's homemade soup bag of goodness.

■ SERVES 8

■ INGREDIENTS:

½ cup olive oil
6 cloves garlic, finely diced
½ cup sweet onion, chopped
½ cup celery, chopped
½ cup carrots, sliced
½ cup yellow bell pepper, chopped
Salt/pepper, to taste
½ cup red wine
2 cups roasted cherry tomatoes
2 cups mixed fresh parsley, chives,
rosemary & basil

2 quarts vegetable stock
1 cup cooked white kidney beans
1 cup thinly sliced baby
portobello mushrooms
1 cup broccoli florets
1 cup cauliflower florets
1 cup chopped zucchini
3 cups sliced multicolored
fingerling potatoes
¼ cup grated parmesan cheese

■ INSTRUCTIONS:

Sweat garlic, onion, celery, carrot, and bell peppers in olive oil over medium heat until vegetables are soft. **Add** salt and pepper and **de-glaze pot** with red wine.

Purée roasted tomatoes and herbs until chunky and add to pot. **Continue to simmer** over low heat.

Pre-warm veggie stock and add slowly to pot.

Add beans, remaining vegetables and parmesan cheese to pot.

Cover and slowly simmer as long as you can. 🍲