



MINISTRONE SOUP

- 2 tablespoons oil (we use grapeseed since it won't burn)
 - 1 onion, diced (optional)
 - 1 clove garlic, minced (optional)
 - 4 large carrots, diced
 - 2 celery ribs, sliced
 - 1-2 cups green beans, cut into 1" pieces
 - 1 small zucchini, diced
 - 1 bell pepper, diced
 - 2 cans cannellini beans mashed
 - 1 can cannelloni beans, drained
 - 1 can crushed tomatoes
 - 6 cups broth
 - 1 teaspoon dried rosemary or other herbs
 - 1 ½ teaspoons salt
 - 1 ½ cup dry small pasta (like ditalini or orecchiette with a short cooking time)
 - ¼ cup parmesan cheese
1. Open the can of beans and pour the liquid and beans into a large bowl. Mash the beans with a very large fork or masher.
 2. Prepare the veggies: dice the onion, mince the garlic, cut the carrots and celery, cut the beans, zucchini, and pepper.
 3. Add oil to a large pot and heat to medium high. Add the onion, carrot, and celery. Cook until the onions are translucent. Add garlic and cook for one more minute, stirring constantly.
 4. Add remaining veggies, pureed/mashed and drained beans, crushed tomato, broth, herbs, and salt to the pot and stir to combine. Bring to a boil.

5. Add pasta and cook for the recommended time, stirring occasionally.
6. Remove from heat and stir in parmesan.

BUTTERMILK BISCUITS

- 2 cups all-purpose flour
 - 2 tablespoons sugar
 - 2 ½ teaspoons baking powder
 - ½ teaspoon baking soda
 - 1 teaspoon salt
 - 1 stick unsalted cold butter, cut into small pea-sized pieces or grated on a box grater
 - 1 cup buttermilk
1. Preheat oven to 400° F and line a baking sheet with parchment paper (if using).
 2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt.
 3. Add butter to the dry ingredients and toss with your hands to coat. Do not allow the butter to melt. Pour in the buttermilk and mix with a rubber spatula just until the dough forms.
 4. With a lightly floured hand, gather dough into a ball and knead it gently against the sides and bottom of the bowl for 1-2 minutes.
 5. Flour a cutting board or clean flat surface. Use your finger to press the dough into a 1" flat surface. Use a biscuit cutter or bench scraper to cut shapes. Over-handling the dough will make the biscuits tough.
 6. If desired, brush biscuit tops with melted butter. Place on a baking sheet at least 1 inch apart and bake 15 minutes, until golden brown on top.



2023

VIRTUAL CLASSES
MINISTRONE SOUP & BISCUITS

INGREDIENTS

(all of the recipes can easily be doubled)

- 2 tablespoons oil (we use grapeseed since it won't burn)
- 1 onion, diced (optional)
- 1 clove garlic, minced (optional)
- 4 large carrots
- 2 celery ribs
- 1-2 cups green beans
- 1 small zucchini
- 1 bell pepper
- 2 cans cannellini beans mashed
- 1 can cannelloni beans, drained
- 1 can crushed tomatoes
- 6 cups broth
- 1 teaspoon dried rosemary or other herbs
- 1 ½ teaspoons salt
- 1 ½ cup dry small pasta (like ditalini or orecchiette with a short cooking time ideally 6 minutes or less)
- ¼ cup parmesan cheese
- cups all-purpose flour
- 2 tablespoons sugar
- 2 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1 stick unsalted **cold** butter (KEEP REFRIGERATED)
- 1 cup buttermilk

EQUIPMENT

- can opener
- cutting board
- sharp knife (or kid-safe)
- measuring spoons
- liquid measuring cup
- dry measuring cups
- bowls: 1 large bowl for beans, 1 large bowl for biscuits
- wooden spoon or heat safe spatula, and one more spatula
- large sized pot with lid
- knife/fork/spoons
- sheet pan, lined with parchment if using
- bench scraper or biscuit cutter
- hot pads

NOTES

- We will be using both the oven (biscuits) and the stove (soup for these recipes).
- Set out all ingredients, but do not measure anything.