



## The Birkett Mills Recipes

The Birkett Mills © 2014

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### Entrées: Hearty Minestrone With Kasha

Serves: 4

#### Ingredients

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- 1 package (1.4 ounces) dried vegetable soup mix
- 1/2 cup whole kasha
- 2 cups sliced zucchini (about 8 ounces)
- 1 can (19 ounces) white beans, rinsed and drained
- 1 can (14.5 ounces) diced tomatoes with onion and garlic

#### Directions

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In a large saucepan, over medium-high heat, bring 5 cups water and soup mix to a boil, stirring occasionally. Stir in kasha and zucchini; partially cover and simmer until kasha is tender, about 10 minutes.

Stir in beans and tomatoes with the liquid; simmer until hot, about 5 minutes. Serve with grated Parmesan cheese, if desired.

#### Hearty Minestrone With Kasha

