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**MINESTRONE SOUP INGREDIENTS:**

2 T Avocado Oil or Animal Fat

1 Large Onion, Diced

4 Cloves Garlic, Minced

1 Green Bell Pepper, Diced

2 Stalks Celery, Diced

1 Large Carrot, Diced

1 Cups Green Beans, Trimmed and Cut into 1/2” Pieces

1 tsp Dried Oregano

1 tsp Dried Basil

Kosher Salt and Freshly Ground Pepper

1 28 oz Can No Salt Diced Tomatoes

1 14 oz Can Crushed Tomatoes

6 Cups Chicken Broth

1 15 oz Can Kidney Beans, Drained and Rinsed

1 Cup Elbow Pasta

1/3 Cup Finely Grated Parmesan Cheese

2 T Chopped Fresh Basil

**DIRECTIONS:**

1. Heat avocado oil or animal fat in a large pot over medium- high heat.
2. Add the onion and cook until translucent, about 4 minutes.
3. Add garlic and cook for 30 seconds.
4. Add celery, carrot, and green bell pepper, cook until they begin to soften, about 5 minutes.
5. Stir in green beans, dried oregano and basil, ¾ tsp salt, and pepper to taste; cook 3 more minutes.
6. Add the diced tomatoes and chicken broth to the pot and bring to a boil.
7. Reduce the heat to medium low and simmer 10 minutes.
8. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.
9. Season with salt.
10. Ladle into bowls and garnish with the parmesan and chopped basil.

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**FRENCH BREAD INGREDIENTS:**

2 ¼ Cups Hot Water

2 T Sugar

1 T Instant Yeast

¾ T Salt

2 T Avocado Oil

5 ½ - 6 Cups All-Purpose Flour or Bread Flour

**DIRECTIONS:**

1. Use a small saucepan, heat the water until lukewarm (about 95°F).
2. In the bowl of an electric kitchen aid, combine lukewarm water, sugar, and yeast, cover and allow to bloom for 5 minutes. Set aside.
3. Now combine salt, oil, and 3 cups of flour and mix. Add in 2 ½ to 3 more cups of flour gradually. Mix in kitchen aid with dough hook, the dough should clear the sides of the bowl and form a soft ball that doesn’t leave a lot of dough residue on your fingers.
4. Continue to mix with dough hook for 2-3 minutes, until the dough is smooth. If the dough starts to cling to the sides of the bowl, add ¼ cup of flour at a time until a sturdy but soft ball of dough forms.
5. Transfer the dough to an oiled bowl and make into a ball, cover and allow dough to rise until doubled, about an hour or so, depending on the warmth of your kitchen.
6. Turn the dough onto a lightly greased surface and divide in half. Pat each section into a thick French bread style loaf. Roll the dough up starting from the long edge, pressing out any air bubbles or seams with the heel of your hand, pinch the edge to seal. Arrange seam side down on a large baking sheet lined with parchment paper. You can slash several gashes in the top of the French bread now or wait until after it has risen (to avoid the risk of the bread deflating, especially if you don’t have a very sharp razor or knife).
7. Cover with greased plastic wrap or a kitchen towel, and let the loaves rise until noticeably puffy and nearly doubled in size, about an hour.
8. Preheat the oven to 375°F and make sure an oven rack is in the center position. If you haven’t already, with a very sharp knife cut several gashes at an angle on the top of each French bread loaf.
9. Bake for 25-30 minutes or until golden brown or baked through.

**BAKERS NOTE:**

Because of humidity, temperature, altitude and a multitude of other factors remember these reasons can impact how much flour you need in your yeast doughs. Always judge when to quit adding flour by texture, look, and feel of the dough.