



Mediterranean Potato Soup



Packed with produce, beans and Italian flavors, this quick one-pot soup is a trip to the Mediterranean coast in a bowl! This recipe comes to us from our friends at the [United States Potato Council](#).

Ingredients: (serves 4)

- 1 clove garlic
- 1 onion
- 4 cups low-sodium vegetable broth
- 3 medium red potatoes
- 3 carrots
- 2 tsp. Italian seasoning
- 1 (15 oz) can red kidney beans
- 1 cup whole wheat noodles
- 2 cups fresh spinach or 1 cup frozen spinach
- 1/4 cup grated Parmesan cheese
- Olive oil and ground pepper

Instructions:

Together: Prep and chop all ingredients.

Adult: Heat oil in a 2-quart pot, sauté garlic and onions about 3-4 minutes.

Together: Add vegetable broth, water, potatoes, carrots and seasonings; cover and bring to a boil. Reduce heat and simmer 15 minutes.

Together: Add kidney beans and noodles. Bring to boil again, cook until noodles are soft. Remove from heat.

Together: Just before serving, add spinach to pot and stir gently.

Adult: Ladle into bowls.

Kid: Serve with Parmesan cheese.

Food For Thought!



A cooking pot might be a common item in your kitchen, but did you know that pots were once an important invention that allowed civilizations to eat more nutritious foods? Cooking food in pots (over a fire, a long time ago) kills bacteria and improves the taste of things like potatoes and beans. Pots were once made from clay by trained artists, which is why you often see them in museums.

Cooking Tip of the Week

To sauté garlic and onions together, begin by heating olive oil over the lowest heat setting. Add the onions and garlic and watch the pan carefully for 3-4 minutes, stirring occasionally. You want the veggies to turn just slightly brown.

Conversation Starter

What is the coolest thing you've ever seen in a museum? What new museums would you like to visit?



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