



# Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

POSTAL  
CUSTOMER

NONPROFIT  
U.S. POSTAGE PAID  
MISSOULA MT  
ECRWSSDDM  
PI#90

## ADVANCED IMAGING

### New MRI brings advanced technology, improved service to St. Luke patients



IMPROVED ACCESS TO ADVANCED IMAGING is coming to St. Luke Community Healthcare with the arrival of a new MRI (magnetic resonance imaging) machine, that will soon be installed at the hospital in Ronan.

MRI is a medical imaging technique that uses a magnetic field and computer-generated radio waves to create detailed images of organs and tissues inside the body. The images allow health care providers to diagnose injuries to and diseases of organs, tissues and the skeletal system. St. Luke Imaging Manager Craig Rider explains, “MRIs

give a better look at soft tissue, tendons, and ligaments. MRIs of the spine look for pinched nerves while MRIs of the shoulder and knee look for tears.”

MRIs are non-invasive and safe as there is no radiation exposure.

MRIs are generally covered by insurance. While specific costs vary depending on the type of MRIs needed, the general cost for each procedure is about \$1,500.

The new, stationary MRI will replace mobile MRI services currently being offered two days a week. Patients will benefit from having a timely, in-house MRI done within a day or so of being

ordered by their physician. Following installation, Rider expects St. Luke to offer MRI services consistently on weekdays.

Immediate access to MRI services also benefits emergency and urgent care patients. When someone comes into the ER with pain, an MRI scan can help determine the source of that pain and allow for quicker intervention.

Another notable advantage to having an in-house MRI machine is that imaging personnel will be able to cross train and learn to use the MRI if they choose.

continued on next page

## DRIVEN TO IMPROVE

### Plan, Do, Study, Act (PDSA) quality improvement model raises the bar for OB services

ST. LUKE’S PERINATAL DEPARTMENT IS COMMITTED TO QUALITY IMPROVEMENT and to providing the best possible evidence-based care to their patients. Collaborating with both small and large hospitals throughout Montana for the last four years has facilitated important improvements. These cooperating hospitals come together as a Perinatal Quality Collaborative and provide an opportunity to learn the best strategies and practices in caring for pregnant people in their communities. A few of the facilities in the collaborative include the Logan system, Billings Clinic, Community Medical Center, Central Montana Medical Center, as well as facilities in Libby and Whitefish. According to St. Luke Community Healthcare Director of Nursing Abigail Byers, sharing quality improvement strategies allows us to “learn from each other and we don’t have to reinvent the wheel ... we can take ideas away that have worked in other places and make them work here.”

Each year the collaborative chooses a new area to focus on. In 2021-22 the collaborative’s focus on obstetric hemorrhage yielded a “hemorrhage cart” that now stands ready for any obstetric hemorrhage event. Both the perinatal department and the emergency department personnel received specific training on obstetric hemorrhage and are now more informed about this life threatening emergency. Another significant change brought about with the collaboration has been a move to carefully measuring and tracking blood loss following delivery in preparation to intervene if needed.

In 2022-23 St. Luke fine-tuned their policies on hypertension in pregnancy and delivered education to staff and providers on this topic. Education on sepsis in obstetric care took place in 2023-24 along with changes to some procedures so that pregnant women and women who recently delivered were served in the most updated

continued on next page

## CHANGE IS IN THE AIR

ONE OF THE THINGS I LOVE ABOUT LIVING IN MONTANA IS THE CHANGING SEASONS, and fall tends to usher in lots of change in Montana. Here at St. Luke we are no different and there have been lots of changes occurring as well. Sometimes we affect change and other times change affects us. In healthcare, change is a constant and the ability to embrace change to create opportunity can be a big advantage. One of the many things I love about our staff and physicians at St. Luke is the willingness to embrace change and the ability to make the most out of it. Here are some of the exciting changes occurring at St. Luke:

Life circumstances happen to us all, unfortunately for St. Luke it has led to a couple of physician departures. While it is reassuring to know that a physician has left due circumstances outside of work, it doesn’t make it any easier. Historically St. Luke has enjoyed a very stable and great group of providers so when we lose a couple, we focus on the opportunity to bring in some exceptional new clinicians. And that’s what we’ve done. Here are some of the provider additions you can expect to receive great care from, now and in the near future:

- Jay Perret, DO is an internal medicine physician joining our primary care group to provide comprehensive adult medicine in the clinic and provide both hospital and emergency room coverage as well. Dr. Perret has a farm and was a contractor in the Moiese Valley prior to attending medical school and then completing his internal medicine residency at Samaritan Health Services in Corvallis, Oregon. We had the opportunity to work with Dr. Perret as he trained with us during his medical schooling and residency and we couldn’t be happier to have him join our team. Dr. Perret will practice out of the Ronan Community Clinic and you can call (406) 676-3600 to make an appointment with him.

- Katie Troxel, DNP, FNP-C will join the care team at St. Luke Community Clinic - Ridgewater. Katie will be available to take care of the clinic’s existing patients and to help new patients who have been reaching out for

appointments. We were able to work with Katie during her training and were very impressed by her. You can schedule an appointment with Katie by calling (406) 883-3737.

- Mike Dolecki, MD is returning to St. Luke after a few years away practicing in the Bitterroot Valley. Dr. Dolecki provided excellent orthopedic care for our community from 2012-2016. Dr. Dolecki provides general orthopedics, with a specialty in total joint replacements. We are excited to welcome him back to St. Luke. You can schedule an appointment with him by calling (406) 528-5580.

- In February, Christina Marchion, MD will bring her extensive experience in family medicine and obstetrics to St. Luke. Dr. Marchion is a Montana native, has practiced in the state for the past 10 years, and is looking forward to taking care of families and raising her own in the Mission Valley.

She will join the Southshore Clinic team in Polson.

Another exciting change at St Luke has been the addition of our Chief Operating Officer, Devin Huntley. Devin has lived in our community for over five years, has decades of healthcare experience, and believes that community owned and operated healthcare facilities provide the best health care. Devin has been getting acclimated over the past couple months and is already having a positive impact throughout St. Luke.

One of the upcoming changes to help our community and our physicians, will be a new in-house MRI. In December, St. Luke will house the only permanent MRI in the county. After careful evaluation and consideration, our team has selected the 1.5 Tesla Magnetom Altea MRI from Siemens. Its elegant design, focus on patient comfort, and top of the line use of artificial intelligence has helped make it an easy choice to best serve our community. We appreciate our community’s support in helping to bring this project to fruition and look forward to seeing how all the new changes here at St. Luke will affect a positive change on our community for decades to come!



Steve



New MRI machine (from page 1)

The St. Luke Foundation and its generous donors have been hard at work raising money for several years to pay for the MRI machine, which costs on average about \$1.5 - \$2 million. Additionally, funds were also needed to pay for construction work done to ready the space for the new machine.

The past two foundation dinners have helped, with the most recent dinner grossing nearly \$140,000 for the new MRI. A Health Resources and Services Administration grant and help from generous community supporters, hospital-designated capital funds, and the St. Luke Employee Giving Program have all financially supported the funding for this new technology.

New COO Devin Huntley is overseeing the MRI’s installation and said he anticipates it will be up and running by the end of December.



The new in-house MRI will replace the mobile MRI unit, left, that has previously been utilized at St. Luke Community Hospital.

“We are consistently improving the care we are providing ... By participating with a quality collaborative, we are raising the bar for perinatal care not only for our community but for the entire state.”

- Abigail Byers, St. Luke Director of Nursing

OB services (from page 1)

and suitable ways.

In 2024-25 the emphasis has been on postpartum discharge transitions by making sure patients return to the clinic after leaving the hospital. Since critically important care happens following delivery, St. Luke is working to make the transition from the hospital and return to the clinic, smoother.

Byers said St. Luke patients should know that “we are consistently improving the care we are providing by staying up on the latest guidelines. By participating with a quality collaborative, we are raising the bar for perinatal care not only for our community but for the entire state.”



St. Luke OB staff stand next to the hemorrhage cart that came from the 2021-22 quality collaborative's focus on obstetric hemorrhage. From left are: OB Manager Sherry Young, and Nurses Tabitha Normandeau, Casey Houk, and Heather Day.

TRUST students shadow St. Luke providers

ST. LUKE COMMUNITY HEALTHCARE IS PROUD to have participated in a recent collaboration with two TRUST students who shadowed St. Luke physicians to further their education in medicine. TRUST (Targeting Rural UnderServed Track) is a medical school program that provides a continuous connection between rural, small city underserved communities, medical education and health professionals in the region.

**Annalisa Hawk**

Following graduation from high school in Boise, Idaho, Annalisa attended and graduated from the University of Montana in Missoula with a bachelor’s degree in health and human performance. She enjoys all activities that keep her active and outdoors.

Annalisa says she is thankful for the opportunity to attend medical school in the “state that stole my heart.” She shadowed Dr. Vigil and other medical personnel in Ronan and Polson.

“As I learn each day in school and in the clinic, my eyes have been opened to the incredible healing capabilities of the human

body,” Annalisa said. “Even the smallest of changes can be impactful. This knowledge has motivated me to teach and empower patients on how they can improve their health and well-being.”

“RUOP reminded me of my ‘why’ for attending medical school. I was able to experience many firsts in the clinic/hospital and am very grateful to the patients that allowed me to learn,” she said. “Although patients may share similar diagnoses, their experiences with their health are distinct. This diversity has inspired me to keep learning so that I can one day provide personalized care.”

**Ty Running Fisher**

As a second year medical student, Okii! Niisto nitanikoo, Ty Running Fisher, grew up on the Blackfeet Reservation. His goal is to return there and care for his own tribe.

“My parents instilled the ideal that ‘idle hands are the devil’s workshop.’ This was fundamentally important for my development and protection from some of the conditions we are exposed to growing up on the

Blackfeet Reservation,” he said.

After graduating from Browning High School in 2017, Ty attended Stanford University for his undergraduate studies. He is currently a second year medical student at the University of Washington School of Medicine. As part of UW’s special program of education for healthcare workers in rural areas, during the summers of 2024 and 2025, he will hone his patient-centered care skills while shadowing doctors at St. Luke Hospital and clinics.

In his free time, Ty enjoys running and mountain climbing. He and his dog Juno have summited eight mountains together while Ty summited another 25 on his own. Most of the climbing Ty has done has been in Glacier National Park, on the western border of his home reservation.

Ty appreciated his interactions with patients that will help him become a better doctor.

“I hope to hone my delivery of patient-centered care as I continue to learn about the challenges and highlights of rural healthcare in underserved areas,” he said.

Well-child/ sports physicals raise funds for local schools

OVER THE SUMMER, THE COMPLETION OF 311 WELL CHILD CHECKS that included sports physicals, resulted in \$7,550 dollars donated back to local schools this fall.

The St. Luke team appreciates the community’s support of this process, as it greatly benefits students and student athletes’ overall well-being.

FOUNDATION NEWS: grateful for continued community support

ST. LUKE WOULD LIKE TO EXTEND OUR SINCERE GRATITUDE to everyone throughout the Mission Valley and beyond who volunteered, donated, attended, sponsored, and supported the 24th Annual St. Luke Community Foundation Dinner & Auction. We would also like to offer a special thank you to the Ronan High School Maidens Volleyball team, for assisting with the silent auction, as well as serving appetizers and dinner. They did an exceptional job!

St. Luke has long been committed to bringing full-time, in-house Magnetic Resonance Imaging

(MRI) services to our community. We heard from our patients that access to timely and essential diagnostic services close to home is a top priority. Thanks to the funds raised during last year’s event and this year’s contributions—along with key grant support—we have now secured the resources necessary to bring this goal to fruition. The MRI equipment is expected to be installed and operational by early 2025.

As you can see, your continued support truly makes a significant difference in making those visions a reality. For over 71 years, the community has been

the cornerstone of St. Luke’s success, and we take great pride in the role each of you has played. As we look forward to future projects and initiatives, we invite you to continue partnering with us—whether by participating in our events, referring family and friends for their care needs, or choosing to leave a lasting legacy through the Foundation. No matter how you choose to contribute, your support is deeply appreciated. Please visit [www.stlukehealthcare.org](http://www.stlukehealthcare.org) to explore donation options and thank you once again for making this year’s event a resounding success!



# New COO takes helm with enthusiasm

DEVIN HUNTLEY WAS BORN AND RAISED IN WESTERN MONTANA. After graduating from Hellgate High he moved to Tucson, Arizona, (go Wildcats), to attend college. While in college he joined the ROTC and a local Army Reserve Unit, the 6251st Army Field Hospital. He was commissioned to Active Duty status and spent most of his time overseas before finishing his service at Walter Reed Army Medical Center in Washington D.C.

He met his wife, (an Army nurse), Michelle, while they attended training in Texas. They both left the service as Captains, but Devin admits that he is still, and will always be, outranked.

Devin went back to school and earned his MBA with a Healthcare Administration focus and went to work for Deloitte and Touché as a healthcare consultant. He then returned to his hometown of Missoula to work at Community Medical Center before moving north to Lake County in 2018.

When asked to comment on his new position as Chief Operating Officer at St. Luke, Huntley said, “It’s been almost three months since I started at St. Luke, and I couldn’t be happier to be part of such a talented and dedicated team. It quickly became clear that every single person who wears the St. Luke badge is deeply committed to caring for our community and the patients we serve; this relentless focus makes getting out of bed each morning incredibly easy! I am truly grateful to be working for and alongside such inspiring colleagues.”

Devin has two daughters, Ava and Margo, and spends every possible moment of his free time outdoors and playing hockey with the Lake County based Stingers® Hockey Club.



ST. LUKE PHOTO  
Devin Huntley is the new Chief Operating Officer for St. Luke Community Healthcare.

## EMPLOYEE OF THE QUARTER

Quarter 3:  
**Kevin Boen**, Surgery Dept.

IN THE SURGERY DEPARTMENT, Kevin Boen always greets people with a smile and a cheery hello. He has an outstanding bedside manner and is great with people. His patients’ safety and comfort are always at the forefront of his thoughts. Kevin goes above and beyond in his nursing care and does a great job of being an advocate for St. Luke.



# St. Luke welcomes new providers

## Dr. Michael Dolecki

St. Luke is pleased to welcome Dr. Michael Dolecki back to the Orthopedics Department. He received his medical degree from Penn State University College of Medicine, is a Board Certified Orthopedic Surgeon, and has been in practice for over 35 years. Dr. Dolecki specializes in hip and knee orthopedic surgery. Patients highly recommend him and appreciate that he takes time to answer their questions and follow up with them when needed. Dr. Dolecki began at St. Luke on Oct. 1 and will see patients at the Community Clinic – Ronan.



Dr. Michael Dolecki

## Dr. Jay Perret

Before pursuing an undergraduate degree in biology at the University of Montana, Missoula, Jay Perret and his wife, Kristi, operated a small family farm in Moiese. Jay completed his medical education at the Pacific Northwest University of Health Sciences in Yakima, Washington. He is excited to return to Lake County



Dr. Jay Perret

following his Internal Medicine residency training at Samaritan Health Services in Corvallis, Oregon where he focused on acquiring an array of skills that will benefit St. Luke Community Healthcare. Outside of the hospital, Dr. Perret enjoys time with his family, living an agrarian lifestyle, floating down glacially fed rivers, hunting, fishing, and exploring mountains under the Big Sky. Dr. Perret joined St. Luke on Oct. 1 and will see patients at the St. Luke Community Clinic – Ronan.

## Katie Troxel, DNP, FNP-C

Katie Troxel joined St. Luke Healthcare on Oct. 1. She earned her Doctor of Nursing Practice degree from Montana State University after moving from her home state of Alaska in 2010. Originally studying geology, Katie’s desire to impact people’s lives led her to the field of medicine. With prior as an RN, caring for patients of all ages in both rural Montana and Idaho, Katie brings substantial experience to her position at St. Luke. Her special interests include dermatology, family medicine and women’s health. She is passionate about educating patients to achieve their wellness goals.

Some of the activities Katie enjoys include fly fishing, boating on Flathead Lake and hiking with her dog. Katie will see patients at the Community Clinic – Ridgewater in Polson, where she will work alongside Dr. Kelli Larson.



Katie Troxel,  
DNP, FNP-C

## PROVIDER DIRECTORY

**St. Luke Community Clinic – Ronan**  
**Family Medicine and Obstetrics**  
**406-676-3600**

Joanna Billings, DO  
John Foster, MD  
Jay Perret, DO  
David Springs, MD  
Megan Vigil, MD  
Ed Vizcarra, MD  
Peggy Martino, NP-C  
Katherine Mitchell, NP-C

**St. Luke Community Clinic – Ridgewater**  
**Family Medicine and Obstetrics**  
**406-883-3737**

Isaac Billings, DO  
Kelli Larson, DO  
Mike Schallock, PA-C  
Jamie Engeldrum, PA-C  
Katie Troxel, DNP, FNP-C

**St. Luke Community Clinic – Southshore**  
**Family Medicine and Obstetrics**  
**406-883-2555**

Tanner Staley, PA-C

**St. Luke Community Clinic – St. Ignatius**  
**Family Medicine and Obstetrics**  
**406-745-2781**

Joanna Billings, DO  
David Springs, MD  
Simon Crawford, PA-C  
Steve Shepro, PA-C

**St. Luke Community Orthopedics**  
**406-528-5580**

Michael Dolecki, MD  
Robert Alfiero, PA-C

**St. Luke Community General Surgery**  
**406-676-3600**

Zach Hovorka, DO  
Jesse Alfiero, PA-C

## EMERGENCY ROOM

Abi Nutt, MD	Cara Harrop, MD
Darren Brockie, MD	Alex Nutt, MD
Ben Grass, MD	Aurbree Ruzkowski, DO
Mark Harding, MD	John VanArendonk, MD
Phillip Anuta, DO	

## SPECIALIST DIRECTORY

**INDEPENDENT SPECIALISTS PROVIDING SERVICES WITH ST. LUKE COMMUNITY HEALTHCARE**

### Cardiology

Morgan Kellogg, MD  
406-327-4646  
Matt Weiss, MD  
406-327-4646  
Douglas Waldo, MD  
406-327-4646  
Robert Minor, MD  
406-327-4646

### Ear, Nose and Throat

Kyle Tubbs, MD  
406-752-8330  
Kent Keele, DO  
406-752-8330

### Neurology

Kurt Lindsey, MD  
406-752-5095

### Podiatry

Stephen Latter, DPM  
406-755-5250

### Psychiatry

Eleanore Hobbs, MD  
406-676-3600

### Psychology

Lyssa Haase, PsyD  
406-676-3600

### Radiology

Northwest Imaging  
406-676-4441

### Sleep Medicine

Kim Damrow, MD  
406-676-4441

### Maternal Fetal Medicine

M. Bardett Fausett, MD  
406-676-4441



# ECF PROFILE: Elizabeth “Beth” Preston

ELIZABETH “BETH” PRESTON WAS BORN IN LAMBERT, A SMALL TOWN IN EASTERN MONTANA IN 1926. Her father was the superintendent of the school and her mother was a homemaker and artist. She was the middle of three children, with both an older and a younger brother who would grow up to become physicians. The family lived in Lambert until Beth was 15, then moved to Plains, where Beth graduated high school.

Education was very important to Beth’s family, so after graduating during WWII, Beth enrolled in the Cadet Nurse Corps and received her diploma and RN in Nursing. When the war ended, she attended Montana State University in Bozeman and earned her BS in Nursing. She practiced her profession for about ten years, holding positions in Montana and also in Boston, New York, and Seattle, Washington.

Beth met her husband, Jay, an engineer, in Bozeman while attending college. They were married in Plains in 1954 and lived in Seattle for two years where they both worked for Boeing. In 1956, they moved to Missoula, where Jay became the first manager of the Blackfoot Telephone Cooperative. They lived in Missoula for five years and welcomed their first two children – Jay (Jr.) and Elizabeth (Jr.).

In 1960, they purchased Ronan Telephone Company and moved to Ronan, where daughter Judy quickly joined the family. Over time almost the entire family would be involved in running the company, which grew into a mainstay of the community, thanks to its

civic-minded owners. Beth was also a progressive voice at the organization. In the 70s she decided to develop a wage raise scale that mirrored the Journeyman process for all female employees, ensuring they remained a competitive and inclusive employer. She also made sure all female customers had their names on their phone bills to help them build their credit. Beth retired from RTC in 1991.

Jay and Beth went on to have seven grandchildren and five great-grandchildren, whom they enjoyed spending time with, especially at Flathead Lake, where the family sailed, water skied, and swam together. The couple were both extremely committed to their community – volunteering their time and supporting many local causes. Over the years, Beth was on the St. Luke Hospital board, a volunteer and board member of Family Crisis, a volunteer and fundraiser for the Ronan Bread Basket, and an



Jay and Beth Preston

visiting with other residents and her family who come to see her often and read to her. It’s easy to see the lessons one can learn from people like Beth Preston – service above self creates a sense of community for us all!



Beth Preston, today



wedding photo

active member of the local Women’s Club and PEO, a local service group. Both she and Jay volunteered with the Ronan Chamber, each taking a term as president. They also helped build the Ronan Community Center and were key fundraisers and donors for building St. Luke Extended Care Facility (ECF)!

The couple enjoyed traveling the world together and stayed busy in the community well into retirement. In 2015 Jay moved into the St. Luke ECF and Beth spent nearly all of her free time visiting him. He passed away in 2019 at 91 years of age. In the summer of 2022, Beth’s family saw she needed a higher level of care and helped her move into the facility she and Jay helped to build. Her daughter, Judy, shares that Beth has had really good care at the ECF. “The staff are very kind to her and she is kind to them.” Beth’s vision deteriorated in recent years, but she enjoys

## NUTRITION CORNER



### FIBER!

FIBER IS ONE OF MY FAVORITE THINGS TO TALK ABOUT AS A PLANT-BASED RDN. Fiber is crucial for our overall health and sadly about 90% of the population is not meeting their daily fiber recommendations – women should aim for 25 grams/day and men should aim for 38 grams/day.

Fiber is found exclusively in plants, and it’s commonly classified as soluble (dissolves in water) or insoluble (doesn’t dissolve in water). Soluble fiber is fermented by the beneficial bacteria in your gut and turned into short chain fatty acids (SCFA) – these are the dominant drivers of gut health & have benefits throughout the body, including repairing your gut-lining, optimizing your immune system & inhibiting inflammation, improving blood sugar regulation, lowering cholesterol, regulating appetite & metabolism, improving cognitive function, lowering your risk of heart disease & some types of cancer – pretty amazing! Insoluble fiber is often referred to as “roughage” – this is the type of fiber that is undigested and gives stool more bulk to help with motility, aka great for keeping you regular and preventing constipation. Most plants have both soluble & insoluble fiber, so I encourage you to add more plant diversity to your diet. Some of my favorite high-fiber foods include: beans, lentils, leafy greens, cruciferous veggies, berries, apples, avocados, nuts, chia seeds, oats, quinoa, and sweet potatoes.

Here are a few ways to increase fiber in your diet:

Eat five or more servings of fruits and vegetables every day.

Try recipes that include beans, peas, lentils, brown rice, barley, bulgur, or quinoa.

Check labels and choose cereals, breads, crackers, and tortillas that list a whole grain as the first ingredient.

*\*Important note\** adding too much fiber too quickly can cause gas, bloating, cramping, and other unpleasant issues, so it’s important to start with a small amount and slowly increase over a few weeks as this will help your microbiome adjust. It’s also important to drink plenty of water when you start eating more fiber – this will make your stool soft and bulky.

Since we are entering soup season, here is a delicious and nutritious soup recipe that is rich in fiber:

#### Classic Minestrone Soup Recipe - Cookie and Kate

Prep Time: 20 minutes  
Cook Time: 45 minutes  
Total Time: 1 hour 5 minutes

#### Ingredients

4 tablespoons extra-virgin olive oil, divided  
1 medium yellow onion, chopped  
2 medium carrots, peeled and chopped  
2 medium ribs celery, chopped

¼ cup tomato paste  
2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans or peas all work)  
4 cloves garlic, pressed or minced  
½ teaspoon dried oregano  
½ teaspoon dried thyme  
1 large can (28 ounces) diced tomatoes, with their liquid (or 2 small 15-ounce cans)  
4 cups (32 ounces) vegetable broth  
2 cups water  
1 teaspoon fine sea salt  
2 bay leaves  
Pinch of red pepper flakes  
Freshly ground black pepper  
1 cup whole grain orecchiette, elbow or small shell pasta  
1 can (15 ounces) Great Northern beans or cannellini beans, rinsed and drained, or 1 ½ cups cooked beans  
2 cups baby spinach, chopped kale or chopped collard greens  
2 teaspoons lemon juice  
Freshly grated Parmesan cheese, for garnishing (optional)



MacKenzie Stark, RDN

#### Instructions

Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.

Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.

Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.

Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1” gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.

Cook for 15 minutes, then remove the lid and add the pasta, beans and greens. Continue simmering, uncovered, for 20 minutes or until the the pasta is cooked al dente and the greens are tender.

Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt (I usually add about ¼ teaspoon more) and pepper until the flavors really sing. Garnish bowls of soup with grated Parmesan, if you’d like.

Visit <https://cookieandkate.com/classic-minestrone-soup-recipe/> for instructional video and substitution options.



[www.stlukehealthcare.org](http://www.stlukehealthcare.org)

#### IN RONAN:

St. Luke Community Hospital  
St. Luke Community Convenient Care  
St. Luke Community Extended Care  
St. Luke Community Oxygen & Medical Equipment  
St. Luke Community Hearing Center  
St. Luke Community Healthcare Foundation  
107 6th Ave. SW 406-676-4441  
St. Luke Community Clinic – Ronan 406-676-3600  
St. Luke Orthopedic Clinic 406-528-5580  
St. Luke General Surgery 406-676-3600  
126 6th Ave. SW

#### IN POLSON:

St. Luke Community Clinic – Ridgewater 406-883-3737  
St. Luke Community Clinic – Ridgewater PT 406-883-2666  
107 Ridgewater Drive  
St. Luke Community Clinic – Southshore 406-883-2555  
104 Rufus Lane

#### IN ST. IGNATIUS:

St. Luke Community Clinic – St. Ignatius  
330 Six Tracts Way  
406-745-2781

**The Heart of Healthcare  
in the Mission Valley**

