

# Italian Minestrone Soup

## INGREDIENTS



- ☐ 2 tablespoons olive oil
- ☐ 3/4 cup onion diced
- ☐ 1/2 cup celery sliced
- ☐ 1/2 cup carrots peeled, quartered and sliced
- ☐ 1 zucchini quartered and sliced
- ☐ 2 teaspoons minced garlic
- ☐ salt and pepper to taste
- ☐ 1 14 ounce can diced tomatoes
- ☐ 4 cups vegetable broth
- ☐ 1/4 cup tomato paste
- ☐ 2 teaspoons Italian seasoning
- ☐ 1 15 ounce can small white beans drained and rinsed
- ☐ 1 15 ounce can kidney beans drained and rinsed
- ☐ 1/2 cup frozen cut green beans
- ☐ 1/2 cup small shell pasta
- ☐ 2 cups baby spinach leaves
- ☐ 2 tablespoons chopped parsley

## INSTRUCTIONS

- Heat the olive oil in a large pot over medium high heat. Add the onion, celery, carrots and zucchini to the pot.
- Cook until the vegetables are tender, 3-5 minutes. Add the garlic and cook for 30 seconds. Season the vegetables with salt and pepper to taste.
- Add the tomatoes, vegetable broth, tomato paste and Italian seasoning to the pot. Bring to a simmer.
- Add the white beans, kidney beans, green beans and pasta to the pot. Simmer for 10-15 minutes or until pasta and vegetables are tender.
- Season the soup with salt and pepper to taste. Stir in the spinach leaves and cook for 2-3 minutes or until wilted.
- Sprinkle the parsley over the soup and serve.