the center
For Naturopathic Medicine & Functional Nutrition

Ultimate Minestrone Soup

Prep Time	15 mins
Total Time	45 mins
Meal Type	Lunch,Dinner,Side
Servings	8



Ingredients

lb,c | g,ml

- 1 lb. pasta, whole-grain, elbow (gluten-free if necessary)
- 4 cloves garlic, *minced*
- 1 medium onion, *chopped*
- 4 Medium carrots, *peeled and chopped*
- 4 Ribs celery, *chopped*
- 1 Small zucchini, *chopped*
- 1 cup parsley, *chopped*
- 14 oz tomatoes, fire-roasted, canned (1)
- 1 Sprig thyme, fresh (1 Teaspoon Dried Thyme)
- 2 Tbs olive oil
- 2 bay leaves
- 6 cups vegetable broth, low sodium
- 1 1/2 cups white beans, canned, *drained and rinsed*
- 2 Tbs pesto Optional
- 1/2 tsp red pepper flakes Optional
- black pepper, *to taste*
- salt, *to taste*

Directions

Prep

1. Cook pasta and set aside. You will stir pasta in after the soup has cooked.
2. Chop all vegetables according to directions.

Make

1. Heat the oil in a large pot over medium-high heat. Add the garlic and onion. Cook, stirring frequently, for 1-2 minutes, or until softened.
2. Add the carrots and celery. Continue cooking for 5 minutes
3. Add tomatoes, thyme, bay leaves, and broth. Simmer for 20 minutes or until vegetables are tender.
4. Add the beans, zucchini, and parsley—season with salt and pepper to taste [and hot pepper if desired].
5. Stir in pasta and serve topped with some pesto.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **278**

Amount/serving	% Daily Value*
Total Fat 9.3g	14%
Saturated Fat 0.9g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 439mg	19%

Amount/serving	% Daily Value*
Total Carbohydrates 40g	13%
Dietary Fiber 7g	26%
Total Sugars 5g	
Protein 9g	

Vitamin D 0mcg 0% · Calcium 93mg 9% · Iron 4mg 20% · Potassium 531mg 11%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Living Plate

- Show all nutrients -