

MOT more of this
LOT less of that

Minestrone Soup

Choose an assortment of your favorite or available vegetables for this nutrient dense soup.

Serves: 4 (with enough for leftovers)

Prep and Cook time: 60 minutes

Ingredients

4 tablespoons extra-virgin olive oil
½ medium yellow onion, chopped
4 medium carrots, peeled and chopped
4 medium ribs celery, chopped
¼ cup tomato paste
2-3 cups chopped vegetables (yellow squash, zucchini, butternut squash, green beans all work)
2 cloves garlic, minced
½ teaspoon dried oregano
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, with liquid
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 small pasta
1 can (15 ounces) cannellini beans, rinsed and drained, or 1 ½ cups cooked beans (I used ½ can)
2 cups baby spinach or baby kale
Freshly grated Parmesan or Pecorino Romano cheese

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Minestrone Soup, continued

Choose an assortment of your favorite or available vegetables for this nutrient dense soup.

Serves: 4 (with enough for leftovers)

Prep and Cook time: 60 minutes

Directions

1. 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.
2. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.
3. Add the chopped vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
4. Pour in the diced tomatoes and their juices, vegetable broth and water. Add the salt, bay leaves and red pepper flakes. Season with freshly ground black pepper.
5. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid. Reduce heat as necessary to maintain a gentle simmer.
6. 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.
7. Remove the pot from the heat, then remove the bay leaves. 7. Taste and season with more salt and pepper as desired.
8. Garnish individual bowls with grated Parmesan.

Mary-Beth says: *"Makes a big batch, and that is a good thing!"*

Recipe adapted from [CookieandKate](#)