

MINISTRONE SOUP



YIELD
4 servings



METHOD
Stove Top



TIME
30 min.

INGREDIENTS

- 1 tbsp olive oil (use water if making oil-free)
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 stalks celery, diced
- 1 large carrot, diced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 cup chopped green beans
- 6 cups vegetable broth
- 1 can (15 ounces) cannellini (white) beans, rinsed and drained
- 1 cup pasta (ex. macaroni)
- 4 chopped Roma tomatoes
- 2 cups fresh baby spinach
- salt to taste
- pepper to taste

INSTRUCTIONS

- 1.** Heat the oil in a large pot over medium-high heat.
- 2.** Add the garlic, onion, celery, and carrots, and sauté until slightly tender, stirring occasionally.
- 3.** Add the basil, oregano, green beans, and vegetable broth. Bring to a boil.
- 4.** Add the cannellini beans and macaroni. Return to a boil.
- 5.** Reduce heat, and simmer, covered, until pasta is tender, about 8–10 minutes, stirring occasionally.
- 6.** Stir in the tomatoes, and remove from heat.
- 7.** Season to taste with salt and pepper.
- 8.** Ladle into bowls, and garnish with fresh parsley, if desired.

