

Ultimate Minestrone Soup

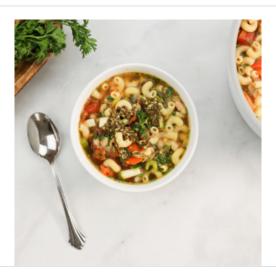
Prep Time 15 mins Total Time 45 mins

Meal Type Lunch, Dinner, Side

Contributed By

Source <u>Living Plate Teaching Kitchen</u>

Servings 8



Ingredients



- 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.

Nutrition	
Facts	

Calories 278 per serving

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	

* 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.

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

- Show all nutrients -