

Minestrone Soup



8 servings



40 minutes

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped small
- 2 large carrots, chopped small
- 2 ribs of celery, chopped small
- 2 tbsp of granulated garlic
- 2 teaspoons mixed Italian herbs
- 1 28-ounce can of crushed or diced tomatoes (including juices)
- 1 can of white beans
- 1 quart (4 cups) low sodium vegetable broth
- 3 cups water
- 1 teaspoon red wine vinegar
- 1/2 cup small (uncooked) noodles, such as shells
- 2 big handfuls fresh spinach (or 1 cup frozen greens)
- 1 teaspoon ground black pepper

DIRECTIONS

1. Heat the olive oil in a large soup pot over medium-high heat. Add the onions, carrots, celery, a pinch of black pepper, and sauté for 5–6 minutes, until the veggies are soft.
2. Reduce heat to low, add Italian herbs, and continue to sauté for another 2–3 minutes, until very fragrant.
3. Add the tomatoes with their juices and cook another minute. Add granulated garlic. Next, add the beans, stock, plus 3 cups of water.
4. Turn the heat to high to let it come to a boil for one minute. If using uncooked noodles, add the 1/2 cup uncooked noodles now and cook at a high simmer/low boil until the noodles are cooked through, usually about 8 minutes. Simmer on low for 15 minutes.
5. Turn off the heat, stir in 1 teaspoon of red wine vinegar and add the greens. Fresh or frozen greens both work well. Allow the greens to heat through the hot soup for about 10 minutes.
6. Serve immediately, or cool to room temperature to refrigerate or freeze. Will keep in a container in the refrigerator for up to 4 days, or in the freezer for up to 4 months.