

Minestrone Soup



Yield: 6 Servings



Ingredients:

Olive oil	2 tbsp	30 mL
Onion, diced	1 medium	
Garlic, minced	7 cloves	
Chili flakes	1 pinch	
Celery stalks, diced	2 medium	
Carrots, diced	2 medium	
Dried Italian seasoning	1 tbsp	30 mL
Crushed tomatoes (look for no salt added)	1 can (28 oz)	796 mL
Water or low sodium broth	6 cups	1.5 L
Small soup pasta	½ cup	50 g
Zucchini, diced	1 medium	
Chopped green beans or broccoli florets	1 cup	125 g
Frozen kale or spinach, chopped*	2 cups	260 g
White kidney beans, no salt added, drained and rinsed	1 can (19 oz)	540 mL
Salt and black pepper to taste		

Optional Toppings:

Freshly grated parmesan cheese and fresh basil to garnish.

* Note: if preferred substitute with fresh chopped kale or spinach.

Instructions:

1. Heat oil in a large saucepan over medium heat.
2. Add onion and sauté until softened, translucent, and fragrant.
3. Add celery, carrots and Italian seasoning and sauté until tender crisp.
4. Add garlic and chili flakes, sauté 1-2 minutes more.
5. Add water (or broth) and canned tomatoes, bring to a boil.
6. Add pasta, zucchini and green beans or broccoli.
7. Reduce heat to low/low-medium. Cover and simmer until pasta and vegetables are tender, about 5 minutes.
8. Add kale or spinach and cannellini beans. Simmer an additional 2 minutes until greens begin to wilt. Season to taste.
9. Ladle into serving bowls. Garnish with a drizzle of olive oil, parmesan and chopped fresh basil.

Culinary Notes:

- In place of 1 tbsp dried Italian seasoning substitute 1 tsp dried basil, 1 tsp dried oregano, and 1 tsp dried rosemary.
- Pesto also works well as a garnish for this soup.
- For a lighter-coloured, summer version of this dish, omit the canned tomatoes.