

Minestrone Soup

4 SERVINGS 30 MIN

INGREDIENTS

- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) green beans, drained
- 1 cup small pasta (such as macaroni or small shells)
- 4 cups low-sodium vegetable broth
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small onion, diced
- 1 teaspoon dried Italian herbs (basil, oregano, thyme)
- Salt and pepper to taste



Packed with a medley of vegetables, whole grains, and protein-rich kidney beans, this hearty soup offers a balanced and nourishing meal.



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PROCEDURE

1. In a large pot, heat a small amount of oil over medium heat. Add the diced onion, carrot, and celery. Sauté for 3-4 minutes until vegetables are softened.
2. Add the diced tomatoes (with their juices), kidney beans, green beans, vegetable broth, and dried herbs to the pot. Bring to a simmer.
3. Add the pasta to the pot and cook according to pasta package instructions, usually around 8-10 minutes.
4. Season the soup with salt and pepper to taste.
5. Serve the minestrone soup hot. Optionally, you can sprinkle some grated Parmesan cheese on top.

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