

Minestrone (a thick and healthy vegetable soup)

Serves 6-8. And even better reheated as a leftover.

2 tablespoons olive oil
1 large onion chopped
2 stalks celery chopped
4 carrots peeled and sliced
5 cloves garlic minced
2 white potatoes peeled and diced
~ 20 green beans – remove strings and cut into 1 inch lengths
1-2 cans drained cannellini beans (use 2 cans if you love beans)
2-3 zucchini squash halved lengthwise and then sliced
2 teaspoons dried thyme
3-4 cups Low-fat chicken broth (or vegetable broth if desired)
Salt and pepper to taste
½ head cabbage (not a huge one) – sliced thinly (can leave it out if you don't like it)
4 cups fresh spinach (can leave out if you don't like it)
Can also add very small pasta (~ ¼ cup) like stellini – thickens pasta
Grated Parmesan cheese (can be freshly grated or purchased grated)

- 1) Heat olive oil in large pot.
- 2) Add onion, celery, carrots and sauté ~ 6 minutes
- 3) Add garlic – stir ~ 1 minute
- 4) Add potatoes, green beans, cannellini beans and zucchini and sauté ~ 6 minutes more
- 5) Season with salt, pepper, thyme
- 6) Add chicken or vegetable broth desired consistency
- 7) Simmer on low heat for ~ 45 minutes
- 8) Add cabbage, spinach and pasta (if using) and simmer ~ 15 minutes

During cooking you may need to add more stock/water for desired consistency.

- 9) Let soup sit ~ 30 minutes before serving
- 10) Sprinkle with parmesan before serving.

P.S. Feel free to substitute for or add to the vegetables listed – for example – green peas, yellow squash. Would NOT add eggplant (too watery)