

Treasure Barrel

Hearty Minestrone Soup

A cozy minestrone soup loaded with seasonal vegetables and tender pasta.

20 min Prep time	**35 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Soup Base

- [ ] 2 tablespoons olive oil
- [ ] 1 medium yellow onion, diced
- [ ] 2 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon dried oregano
- [ ] 1 (28-ounce) can diced tomatoes, undrained
- [ ] 6 cups vegetable or chicken broth
- [ ] 1 Parmesan rind (optional)

Vegetables & Beans

- [ ] 1 medium zucchini, diced
- [ ] 1 (15-ounce) can cannellini beans, rinsed and drained
- [ ] 1 cup chopped green beans (fresh or frozen)
- [ ] 2 cups chopped spinach or kale

Pasta & Finish

- [ ] 3/4 cup small pasta (ditalini, elbows)
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil or parsley for garnish
- [ ] Grated Parmesan cheese for serving

Instructions

1. Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the diced onion, carrots, and celery. Cook, stirring occasionally, until the vegetables have softened, about 8-10 minutes. Add the minced garlic and oregano and cook for another minute until fragrant.
2. Pour in the diced tomatoes with their juices and the broth. If you're using a Parmesan rind, add it now. Bring the soup to a boil, then reduce the heat to low and let it simmer for about 15 minutes.
3. Stir in the diced zucchini, cannellini beans, and green beans. Continue to simmer for another 10 minutes, until the zucchini is just tender.
4. Add the small pasta to the pot and cook according to package directions, usually about 8-10 minutes, until al dente. If the soup seems too thick, you can add a bit more broth or water.
5. Once the pasta is cooked, stir in the chopped spinach or kale and cook for just another minute until wilted. Remove the pot from the heat. Fish out the Parmesan rind if you used one. Taste the soup and season generously with salt and pepper.
6. Ladle the hot soup into bowls. Garnish with fresh herbs and a generous sprinkle of grated Parmesan cheese. Drizzle with a little extra olive oil if you like.

Nutrition per serving

280 kcal	12 g	42 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a heartier soup, you can add some diced turkey ham along with the vegetables.
- If you prefer a smoother broth, you can blend one cup of the soup and stir it back in for thickness.
- This is a great recipe for an easy family meal that everyone can enjoy.