

Minestrone Soup

Ingredients:

- Root vegetables (onions, potatoes, carrots, beets), 3 cups
- Olive oil, 1 tablespoon
- Garlic, 2 cloves
- Vegetable or chicken stock, 6 cups
- Diced tomatoes, one 14-ounce can, drained
- Beans of choice (red, cannellini, etc.), 14-ounce can, drained
- Pasta of your choice (elbow, orzo, etc.), 2/3 cup
- Winter greens of choice (kale, spinach, chard, etc.), 1 cup
- Fresh herbs of your choice (thyme, oregano, basil, parsley, etc.), 1 tablespoon
- Salt and pepper, to taste
- Optional: Parmesan cheese, 2 tablespoons

Method:

- Chop the root vegetables into small 1-inch pieces. Heat the oil on medium heat in a large soup pot and cook the root vegetables for 5 minutes.
- Mince the garlic and add to the vegetables. Cook for 2 minutes.
- Add the stock and tomatoes and bring to a boil. Stir in the pasta and cook for 10 minutes.
- Stir in the beans, greens and herbs. Cook for 5 minutes.
- Season with salt and pepper. Garnish each bowl with optional parmesan.

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