

# Minestrone Soup

Serves Four

## Ingredients

- 2 tablespoons cup olive oil
- 2 cloves garlic, minced
- 1 cup brown onion, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- 1 teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 pinch red pepper flakes
- 2 teaspoons Kosher salt
- 2 tablespoons tomato paste
- 1 (28-ounce) can crushed tomatoes
- 1-quart vegetable (or chicken) stock
- 2 cups water
- 1 cup chopped zucchini
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 (15-ounce) can red kidney beans, rinsed and drained
- ½ cup pastina (small pasta, shells)
- 2 cups fresh spinach
- ½ cup grated parmesan cheese
- handful of fresh Italian parsley, chopped fine



## Steps

1. In a large pot begin sauteing onion and garlic in olive oil over medium-high heat. Once onion is translucent add the carrots, celery, oregano, thyme, salt and pepper. Cook for another 5 minutes on high heat.
2. Add tomato paste, canned tomatoes, vegetable broth and water and bring it all to a rolling boil. Reduce the heat and continue to simmer for 20 minutes.
3. Now add the zucchini and cook for another 10 minutes. Taste for seasoning (you may need to add more salt after the paste cooks). Add both beans, spinach and pasta. Cook until pasta is al dente.
5. Ladle and top with chopped parsley and parmesan cheese.