



QUICK MINESTRONE SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 carrots peeled and diced
- 2 celery stalks, diced
- 1 medium zucchini, diced
- 1 cup fresh, canned or frozen green beans
- 2 (14 ounce) cans diced tomatoes
- 6 cups low sodium vegetable broth
- 1 (14 ounce) can cannellini beans, rinsed and drained
- 1 cup whole wheat elbow macaroni can use gluten-free pasta
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Salt and pepper to taste
- Parmesan cheese

DIRECTIONS

- Heat olive oil in a large stockpot over a medium-high flame. Add onion, carrot, and celery. Cook for about 5 minutes, or until lightly browned, add garlic, cook for 30 seconds. Add in zucchini, green beans, and diced tomatoes. Stir in vegetable broth, beans, pasta and herbs. Simmer until vegetables and macaroni are tender, about 35 minutes.
- Season soup with salt and pepper to taste and serve warm. Garnish with parmesan cheese.

