

VERY VEGGIE MINISTRONE SOUP



Makes 4 servings

Ingredients

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 2 carrots, peeled and cut into ¼ inch slices
- 3 stalks celery, cut into ¼ inch slices
- 2 tsp minced garlic
- 32 oz low-sodium vegetable broth
- 1 tsp dried oregano
- 1 14.5-oz can no salt added diced tomatoes with basil, garlic, and oregano
- 1 15-oz can cannellini beans, drained and rinsed
- 2 cups fresh green beans, cut into 2-inch pieces
- ½ cup dry mini penne or small macaroni pasta
- 1 medium zucchini, halved and sliced into ¼ inch half moons
- ½ cup fresh basil, chopped
- 8 Tbsp Parmesan cheese, shredded

Directions

- 1** Heat a large soup pot over medium heat.
- 2** Add oil and stir in onions, carrots, and celery. Cook, stirring frequently, until vegetables are tender.
- 3** Mix in garlic and cook for another 5 minutes, until garlic is tender but not browned.
- 4** Pour in vegetable broth, then add in oregano, stirring well.
- 5** Mix in diced tomatoes, cannellini beans, and green beans and simmer uncovered for 10 minutes.
- 6** Bring to a boil, then add in pasta and zucchini and cook for 7-10 minutes or until tender.
- 7** Stir in fresh basil. Serve and top each bowl with 2 Tbsp of Parmesan cheese.

