

# Minestrone Soup

**Servings:** 10

**Diet:** Vegan, Vegetarian & Gluten-Free

## Ingredients

- 3 tablespoons oil
- 4 celery stalks, diced
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 4 carrots, diced
- 2 tablespoons tomato paste
- 4 cups vegetable broth, no salt added
- 1½ cup dried red kidney beans, soaked overnight
- 2 teaspoons Italian seasoning
- ½ teaspoon salt
- 1 (15 ounce) can green beans, no salt added, drained
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 1 cup whole wheat pasta (any shape), cooked
- Optional: grated Parmesan cheese, chopped fresh rosemary and chopped parsley

## Instructions

**STEP 1:** Heat oil over medium low heat in a large pot. Add celery, onion, garlic and carrots. Cook until aromatic and onions are translucent.

**STEP 2:** Add tomato paste and cook for 2 minutes. Add broth, kidney beans, tomatoes, Italian seasoning and salt.

**STEP 3:** Simmer over medium-low heat until beans are tender, at least an hour.

**STEP 4:** Once beans are tender, add green beans and pasta and heat through. Top with Parmesan cheese, fresh rosemary and parsley, if desired.



- **Ingredient Swap:** Any beans will work! Try dried or canned pinto, cannellini or chickpeas.
- **Did you know?** Beans are an excellent source of plant protein and fiber.
- **Make it Gluten-Free:** Simply leave out the pasta!



Per Serving: 160 Calories | 21g Carbs | 5g Sugar | 6g Fiber | 7g Fat (1g Sat Fat) | 5g Protein | 290mg Sodium  
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