

MINISTRONE SOUP

Yield: ~10 portions

¼ c	olive oil	1 can	great northern beans, drained and rinsed
1 c	onion, small dice (1 onion)	1 can	diced tomatoes
½ c	celery, small dice (2 stalks)	1 Tbsp	dried oregano
½ c	carrots, small dice (1 regular size or about 8 baby carrots)	1 Tbsp	kosher salt
1 c	zucchini, small dice (1 regular size)	1 tsp	ground black pepper
1 c	green beans, small dice (about ¼ lb)	1 tsp	dried basil
2 Tbsp	garlic, minced	1 tsp	dried thyme
1 c	fresh parsley, minced	1 ea	bay leaf
2 qts	vegetable stock	1 qt	fresh baby spinach, packed
1 can	red kidney beans, drained and rinsed	¼ lb	whole wheat pasta (orzo, elbow macaroni, etc.)

- Heat olive oil in a large pot over medium heat.
- Gently cook onion, celery, garlic, green beans, carrot, and zucchini in the oil for 5 minutes or until onions begin to turn translucent.
- Add vegetable stock, plus drained tomatoes, beans, and spices.
- Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.
- In a separate pot, cook the pasta according to package instructions and set aside.
- Add spinach leaves right before serving until wilted. Add warm pasta to soup when ready to serve. (Extra soup with pasta will not freeze well.)

