



Hearty Italian Minestrone

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 medium yellow onion, diced
- 1 clove garlic, minced
- 1 15-ounce can diced tomatoes in juice
- 2 carrots, chopped
- 1 medium zucchini, chopped
- 5 cups low sodium vegetable broth
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 cup alphabet, macaroni, or other pasta
- 1/2 bunch kale, torn into bite-size pieces
- 1 15-ounce can cannellini beans, rinsed, and drained
- 2 tablespoons tomato paste
- 1 teaspoon fresh thyme leaves or 1/2 teaspoon dried
- 1 tablespoon chopped fresh basil or 1 teaspoon dried
- Chopped fresh basil or a sprig of parsley for garnish

Instructions:

1. In a large stockpot, saute onion in olive oil on medium heat until translucent, about 3 minutes. Add garlic and continue to cook for another minute.
2. Add tomatoes, carrots, zucchini, broth, salt, and pepper. Bring to boil. Add pasta and cook for 7 to 9 minutes until al dente. Stir in kale, beans, tomato paste, thyme, and basil. Simmer for 5 minutes more.
3. Garnish with more chopped fresh basil or a sprig of parsley.

PRO-TIP: Ladle soup into individual containers, allow to cool, seal containers, and freeze for up to three months for easy work lunches or quick homemade dinners!

Nutritional Information:

- **Servings: 6**
- Calories: 241 kcal
- Fat: 4.6 g
- Saturated Fat: 0.7 g
- Cholesterol: 0 mg
- Sodium: 676 mg
- Carbohydrates: 41 g
- Fiber: 8 g
- Sugar: 6 g
- Protein: 8 g

This delicious recipe adapted from:

<http://www.meatlessmonday.com/recipes/hearty-italian-minestrone/>