



From Our Kitchens

Minestrone Soup

Ingredients

1 tablespoon butter
2 tablespoons olive oil
1 small onion, finely chopped
1 cup diced carrot
1 cup diced celery
1 cup diced zucchini (about 1 zucchini)
½ teaspoon salt
28 oz can low sodium petite diced tomatoes (undrained)
15 oz can kidney beans (drained)
15 oz can low sodium tomato sauce
5 ½ cups low sodium vegetable broth
1 tablespoon dried basil
2 teaspoons dried parsley
1 teaspoon oregano
Salt and pepper, to taste
1 cup baby spinach leaves, roughly chopped
1 ½ cups small shell pasta

Instructions

1. Melt butter and olive oil in a large pot over medium-high heat. Add the onion, carrots, celery, zucchini, and ½ teaspoon salt. Let cook for 8-10 minutes until tender, stirring occasionally.
2. Add the diced tomatoes, beans, tomato sauce, vegetable broth, basil, parsley, oregano, salt and pepper. Stir together and let come to a low boil. Once boiling, turn down the heat to low and let simmer for 15 minutes.
3. Add spinach and dried pasta shells. Let cook until pasta is done. About 10 minutes, depending on what size pasta you use.

Adapted from Together As Family