

# Classic Italian Minestrone Soup

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/true-italian-minestrone-soup-recipe>

## Ingredients:

- 1/2 cup olive oil plus 1/2 stick, 4 oz. high quality butter, which Northern Italians cook with alongside olive oil for a more rich, deep...
- 5 cloves garlic 4 -, large, minced
- 1 onion preferably sweet, such as Vidalia, diced
- 8 ounces diced pancetta 4 -, If vegetarian, do not include [pancetta
- 3 carrots cleaned and diced/sliced pancetta
- 2 stalks celery plus its flavor-filled leaves, cleaned and diced/sliced
- 1 cup fresh green beans cut up into 1/2" pieces
- 14 1/2 ounces diced tomatoes 2 cans, imported Italian, San Marzano's, OR better yet, use the same amount of garden-fresh, home-grown t...
- 2 idaho potatoes cut into chunks about 1/4" thick
- 1 zucchini diced with skin left on
- 1 1/2 cups fresh spinach or swiss chard, chopped
- 1 cup cabbage fresh, chopped
- 1 can cannellini beans drained and rinsed well
- 1 can red kidney beans dark, drained and rinsed well
- 1 can garbanzo beans drained and rinsed well
- 6 cups water 4 -, or homemade vegetable or chicken broth
- 1 bunch Italian parsley stems removed and chopped, makes about 1 cup
- 1 chunk Parmesan big, rind
- 1 tablespoon sage freshly-diced
- salt freshly cracked
- pepper to taste
- 1 cup pasta tubular, ditalini
- 1 teaspoon italian seasoning dried, optional
- freshly grated Parmesan for serving

## Nutrition:

1. Calories: 470 calories

2. Carbohydrate: 61 grams
3. Cholesterol: 15 milligrams
4. Fat: 18 grams
5. Fiber: 8 grams
6. Protein: 23 grams
7. SaturatedFat: 3 grams
8. Sodium: 700 milligrams
9. Sugar: 6 grams

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