

Homemade Minestrone Soup

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/basil-pasta-recipe-italian>

Ingredients:

- 6 ounces pasta small, {like elbow, macaroni or ditalini pasta}
- 2 tablespoons olive oil
- 1 onion medium, chopped {about 2 cups}
- 4 cloves minced garlic
- 3 stalks celery chopped, {about 1 cup}
- 3 medium carrots chopped {about 1 1/2 cups}
- 24 ounces marinara sauce jar of Classico Riviera
- 3 cups vegetable broth
- 15 ounces diced tomatoes can
- 2 bay leaves
- 2 teaspoons basil
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Parmesan cheese rinds optional
- 1 cup frozen green beans
- 1 zucchini large, sliced {about 2 cups}
- 15 ounces red kidney beans can of, drained and rinsed
- 15 ounces white beans can of, {like cannellini or Great Northern}, drained and rinsed
- 4 cups fresh spinach tightly packed
- Italian parsley Freshly chopped, or curly parsley
- basil Freshly chopped
- freshly grated Parmesan

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 52 grams

3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 9 grams
6. Protein: 16 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1010 milligrams
9. Sugar: 14 grams

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