

# Slow Cooker Minestrone Soup

Yield: 7 min  
Total Time: 15 min

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

## Ingredients:

- 1 yellow onion or small red, diced
- 2 small carrots diced
- 2 celery stalks diced
- 4 cloves garlic minced
- 1 1/2 cups fresh green beans trimmed and cut into 1/2-inch pieces
- 28 ounces diced tomatoes with juices
- 6 cups vegetable broth
- 15 ounces red kidney beans, rinsed and drained
- 15 ounces cannellini beans or Great Northern beans, rinsed and drained
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1/8 teaspoon red pepper flakes
- 1 zucchini small, diced
- 1/2 cup elbow pasta dried whole wheat, can use gluten-free pasta
- 1 cup fresh spinach chopped
- salt
- black pepper
- grated Parmesan cheese Freshly-, for serving, optional

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 9 grams

7. Sodium: 990 milligrams

8. Sugar: 9 grams

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