

The Best Minestrone Soup

Yield: 8 min
Total Time: 50 min

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

Ingredients:

- 3 tablespoons olive oil
- 1 onion medium, chopped
- 8 cloves garlic fresh, chopped
- 8 cups vegetable broth good quality
- 14 ounces diced tomatoes with juices
- 1/2 cup red wine light, such as Chianti
- 2 tablespoons tomato paste
- 1 stalk celery thinly sliced
- 2 medium carrots peeled and julienned
- 1 cup green beans frozen or fresh
- 15 ounces kidney beans rinsed and drained well
- 15 ounces white beans rinsed and drained well
- 1 medium zucchini sliced to bite size pieces roughly 1/2 inch thick
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 2 tablespoons fresh parsley chopped
- 1/2 cup small shell shaped or elbow pasta
- kosher salt
- freshly ground black pepper
- freshly grated Parmesan Optional:, to serve

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 10 grams

7. SaturatedFat: 1.5 grams
 8. Sodium: 1160 milligrams
 9. Sugar: 7 grams
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