

Minestrone Soup

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/soupo-recipe-beans-italian-sausage>

Ingredients:

- 1 small onion about 1/3 cup, diced
- 2 cloves garlic minced
- 1 medium carrot about 1 cup, chopped
- 1 celery stalk large, about 1 cup, chopped
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 3/4 teaspoon dried thyme
- 32 ounces diced tomatoes I usually use fire-roasted or Italian-style
- 3 tablespoons tomato paste
- 1 bay leaf
- 1 low sodium vegetable broth 32 oz carton - 4 cups
- 1 medium zucchini around 2/3 cups, sliced into halves or quarters
- 1/4 cup red kidney beans canned or cooked, drained and rinsed, leave out for paleo & low carb
- 1/4 cup cannellini beans canned or cooked, chickpeas OR great northern beans, drained and rinsed, leave out for paleo & low carb
- water add only as much as needed to cover vegetables
- 1/4 cup small shell pasta dried, use gluten free if necessary, leave out for paleo & low carb and add chopped cauliflower & green bean...
- 1 cup baby spinach fresh, chopped, optional
- 1 teaspoon balsamic vinegar optional but adds great flavor
- grated Parmesan cheese or Shredded, for serving
- fresh parsley finely chopped, for garnish, optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams

6. Protein: 4 grams
 7. Sodium: 100 milligrams
 8. Sugar: 6 grams
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