

# Summer Minestrone

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-beans-and-greens-italian-soup>

## Ingredients:

- basil pesto
- extra-virgin olive oil
- grated Pecorino Romano cheese
- 4 tablespoons extra virgin olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 3 garlic cloves Minced
- 1 cup zucchini Chopped
- 1 cup summer squash Chopped
- 1 cup green beans Cut Into 2-inch Pieces
- 3 cups greens Chopped, Such As Kale or Swiss Chard
- 28 ounces chopped tomatoes
- salt
- pepper
- 1 cup chopped fresh herbs Combination of Basil, Parsley, Thyme, & Oregano Work Well
- 15 ounces white beans Drained, Or Add 1 Cup Rice or 1 1/2 Cups Ditalini Pasta

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 30 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 8 grams

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