

# Minestrone with Fresh Greens

Yield: 7 min  
Total Time: 67 min

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

## Ingredients:

- 3 tablespoons extra virgin olive oil divided
- 3 cloves garlic finely minced
- 1/2 yellow onion medium, finely chopped
- 3 medium carrots finely chopped
- 3 stalks celery finely chopped
- 28 ounces diced tomatoes undrained
- 15 1/2 ounces cannellini beans drained and rinsed
- 4 cups organic vegetable broth plus additional reserve\*
- 2 whole bay leaves
- 1 tablespoon rosemary leaves fresh, finely chopped, or 1 t. dried
- 1 tablespoon fresh thyme leaves or 1 t. dried
- 1 tablespoon fresh oregano leaves or 1 t. dried
- 1/2 tablespoon crushed red pepper flakes
- sea salt
- black pepper
- 3 Parmesan cheese rind optional
- 2 cups fusilli pasta
- 2 cups fresh green beans cut into 1/2" pieces
- 2 cups arugula
- greens
- 1/4 cup fresh parsley leaves chopped
- grated Parmesan cheese Freshly

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams

6. Protein: 16 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 930 milligrams
  9. Sugar: 9 grams
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