

Late-Summer Minestrone

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/summer-spaghetti-recipe-italian>

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 onion medium, chopped
- 2 cloves garlic chopped
- 2 carrots young, peeled, cut into 1/2-inch dice
- 1 cup celery chopped thinly
- 2 zucchini small, green or yellow, cut into 1/2-inch dice
- 1 sprig fresh rosemary chopped
- 2 corn ears fresh, shucked and cut off the cob
- 1 cup fresh green beans trimmed and cut into 1-inch pieces
- 1 quart chicken stock
- 2 cups water
- 4 tomatoes large, ripe, chopped, about 2 cups
- 125 grams whole wheat spaghetti 1/4 regular package
- 1/4 cup basil leaves chopped, loosely packed plus more for garnish
- grated Parmesan cheese Freshly, for serving, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 270 milligrams
9. Sugar: 9 grams

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