

Quick and Easy Italian Minestrone Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-grilled-mixed-vegetables-recipe>

Ingredients:

- 1/4 cup olive oil
- 115 grams pancetta omit if you're vegetarian
- 2 onions medium, chopped
- 2 medium carrots diced
- 2 tablespoons chopped celery or celeriac, celery root
- 4 garlic cloves minced
- 1 pound mixed vegetables fresh or frozen
- 5 cups vegetable or chicken stock
- 1 1/2 cups chopped tomatoes in juice
- 1 cup beans cooked
- 1 bay leaf
- oregano
- thyme
- salt
- ground black pepper
- 1 zucchini sliced
- 1 cup pasta like ditalini or elbow macaroni

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 15 milligrams
4. Fat: 18 grams
5. Fiber: 19 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 690 milligrams

9. Sugar: 9 grams

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