

Authentic Italian Minestrone Soup

Yield: 12 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-lasagna-recipe-no-noodles-italian-diced-tomatoes>

Ingredients:

- 2 ounces double smoked bacon diced
- 1 yellow onion chopped
- 1/2 pound Swiss chard leaves and stems, roughly chopped
- 1/2 pound zucchini two small or one large, cut into thick slices
- 5 ounces spinach 2 packed cups, roughly chopped
- 3 ounces green beans chopped, fresh or frozen and defrosted
- 2 carrots cut into thick slices
- 1 celery rib cut into thick slices
- 2 tomatoes peeled and sliced
- 2 large potatoes peeled and cut into quarters
- 6 1/2 cups beef broth
- 3 tablespoons butter
- 2 tomatoes peeled and minced
- 5 ounces pasta durum wheat semolina
- 3 tablespoons olive oil for frying
- 4 tablespoons grana padano cheese or Parmigiano Reggiano, grated
- 1 tablespoon Italian parsley chopped fresh
- sea salt to taste
- black pepper to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams

6. Protein: 7 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 640 milligrams
 9. Sugar: 4 grams
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