

Vegetarian Minestrone



This is straight out of the Southern Living “Cooking Light” Cookbook. It’s that good.

Ingredients:

2 t olive oil
¾ cup chopped onion
3 cups water or vegetable broth
2 cups diced zucchini
1 cup diced carrot
1 cup drained canned cannellini beans or other white beans
¾ c diced celery
½ t dried basil
¼ t salt
¼ t dried oregano
⅛ t ground pepper
1 (14.5oz can) undrained diced tomatoes (Italian style if you want more flavor)
1 garlic clove, minced
¼ c uncooked ditalini or other small pasta

Directions:

Heat oil in a large saucepan over medium-high heat. Add onion and saute for 4 mins or until lightly browned. Add water and next 10 ingredients and bring to a boil. Cover, reduce heat to medium-low and cook for 25 mins. Add pasta, cover and cook for 10 mins.

Serves 4.

Tips:

I double this recipe because I make it for our lunches for the week.

I use my [Vegetable Chopper](#) to make it easier. (You can also use whatever frozen veggies you like instead if the thought of all the chopping seems daunting.)

If you use vegetable broth, omit the salt called for in the ingredients list. You could also use chicken or beef broth.

I also add in some chopped kale or spinach if I have it on-hand for some extra color and nutrients.

Pasta keeps absorbing liquid even after it’s cooked (gets bigger and bigger,) so if you don’t want that (think leftovers/lunches), you can substitute quinoa or brown rice for the pasta instead.

Don’t want to keep it vegetarian? Just add in some beef or chicken!

Enjoy!