

Recipe for

Massimo's Minestrone Soup

SERVES 8

PREP TIME/TOTAL
TIME Approx 45 min

NUTRITION INFORMATION

Total Calories 962

Fat 3.6

Protein 59

Carbohydrates 178

Fiber 59



INGREDIENTS

- 1 large Onion, diced
- 2 medium-sized Carrots, diced
- 2 Celery sticks, diced
- 2 cups Cannellini or Cranberry beans, soaked overnight (may substitute with low salt 15.5 oz can of Cannellini or Cranberry beans)
- 2 garlic cloves, chopped
- 2 medium-sized potatoes, diced
- ¼ cup Tomato paste (optional)
- 3 Bay leaves
- 2 Zucchini, diced
- 2 cups Green peas, fresh or frozen
- 2 Rosemary sprigs, chopped
- 10 Parsley sprigs, chopped
- Salt & Pepper to taste

DIRECTIONS

In a large pot, water-sauté (adding a little water at a time) onion, carrots, and celery with a wooden spoon, for 5 minutes.

Add overnight soaked beans, garlic, potatoes, and water-sauté for an additional 5 minutes. If you prefer the Minestrone to be red, add the tomato paste or skip this step.* If using canned beans, add them with the herbs later in the recipe.

Add the bay leaves and then add enough water to cover the vegetables plus 1" inch. Bring to a boil, then immediately lower to a very gentle simmer and cook for an additional 20 minutes.

Add the canned beans (if using canned), zucchini, green peas, rosemary, parsley, salt and pepper and simmer for an additional 15 minutes.

