

Italian Minestrone Soup

Hearty and flavourful vegetarian soup

Author: Elisa | [inthekitchenwithelisa](http://inthekitchenwithelisa.com)

INGREDIENTS

(makes about 6 portions)

- olive oil
- 2 onions
- 2 garlic cloves
- 2 celery stalks
- 2 carrots
- 200g green beans
- 1 zucchini
- 1 can (400g) plum tomatoes
- 2 tbsp tomato paste
- 150g frozen spinach
- 100g pasta
- 1,5 litre vegetable stock
- 400g canned small white beans
- 400g canned kidney beans
- 1 tsp dry thyme
- 1 tsp dry oregano
- salt & black pepper to taste



DIRECTIONS

1. Peel the onions, garlic and carrots. Slice the onions and the garlics, cube the carrots, remove the ends from the celery and also cube the celery.
2. Heat a big pot (5 litre) over medium heat and once warm cover the bottom with some olive oil. Add the onions, the garlic, the carrots and the celery. Cook for a couple of minutes until the onion has become translucent and the vegetables have started to just slightly soften.
3. Wash the green beans and the zucchini. Remove the ends from the green beans and chop them into bite sized pieces. Cube the zucchini. Add the green beans and the zucchini to the rest of the vegetables. Also add in the frozen spinach. Cover and cook for 2-3 minutes.
4. Then add in the plum tomatoes, wash the can with some cold water to get all of the tomatoes out of the can and add the water also into the pot. Add tomato paste and shortly mix it in. Turn the heat to high just to bring the soup to simmer. Add the pasta and the vegetable stock along with the white beans and the kidney beans. You want to run the beans under cold water shortly before adding them to the soup. Cover

with a lid and simmer for 5-10 minutes or until the pasta and the vegetables have almost cooked through.

5. If you notice that the soup is getting too thick and you would like it to have more liquid in it you can add some more water just before seasoning the soup.
6. Taste the soup and season with salt and pepper to taste. Also season with dry thyme and oregano.
7. Turn off the heat and allow the soup to rest for about 30 minutes before serving. This will allow the vegetables and the pasta to cook through and the soup to absorb flavour from the spices.