

Vegetarian Minestrone Soup

A Bountiful Kitchen

[print recipe](#)

3 tablespoons olive oil
1 medium onion, chopped (yellow or sweet)
2 cups chopped carrots
1 clove garlic, minced
1 teaspoon each salt and fresh ground pepper
2 cups chopped fresh tomatoes
14 oz can chicken stock (check to make sure it's MSG free)
1 cup water
1 cup "ditalini" pasta or other small pasta shape
2 cups chopped zucchini or fresh spinach (optional)
2 tablespoons tomato paste
1- 15 oz can Great Northern beans, drained
1 tablespoon basil, dried

Using a large, heavy stock pot, saute onion and carrots in olive oil on medium heat about 4-5 minutes. Add garlic and continue to cook for another minute.

Season with salt and pepper.

Add fresh tomatoes, fresh zucchini or spinach, chicken stock, and water. Bring to boil. Add pasta and cook for 7-9 minutes until al dente.

Stir in tomato paste, beans and basil. Cook just until combined.

Serve immediately with fresh grated Parmesan cheese.

Serves about 4-6.

Tips:

-I add a variety of vegetables to this soup. Adding one to two cups of whatever is in your fridge, such as zucchini, other squash, spinach works well.