

One Pot Minestrone Soup

Serves 8

Ingredients

2 Tbsp Olive Oil
1/2 white or yellow onion, diced
3 cloves garlic, minced
2 large carrots, peeled and sliced into thin rounds
1 1/2 cups fresh green beans, trimmed, roughly chopped
1 Tbsp All Purpose Seasoning
sea salt & black pepper + more to taste
1 small zucchini diced into 1" pieces
1 15-ounce can diced fire-roasted tomatoes
6 + cups vegetable broth
2 tsp dried basil (or 1 Tbsp fresh)
2 tsp dried oregano
1 Tbsp Parmesan + more for serving
½ Tbsp (or more) Pizza Seasoning
1 Tbsp sugar or honey
1 15-ounce can white beans or chickpeas, rinsed + drained
2 cups pasta noodles, like penne, macaroni, or rotini
1 cup baby kale or spinach, roughly chopped

Instructions:

1. Heat a large pot or dutch oven over medium heat and then add your oil.
2. Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
3. Next, add onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
4. Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, Parmesan cheese, pizza seasoning, sugar, and beans. Stir to coat.
5. Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.
6. Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed.
7. Add kale or spinach and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together. Turn off heat and let rest for a few minutes before serving.
8. To serve, divide soup between serving bowls and garnish with fresh herbs and parmesan cheese (optional).
9. Store leftovers in the refrigerator up to 3-4 days or the freezer up to 1 month.
10. Be careful not to overheat the soup when warming leftovers, as the pasta is tender once cooked and will get mushy if overcooked.