

# MINESTRONE

## Ingredients

- 2 tablespoons extra virgin olive oil
- ½ large onion, chopped
- 1 large celery stalk, chopped
- 1 large carrot, chopped
- 1 large garlic clove, minced
- ¾ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 28-ounce can crushed or diced tomatoes, no salt added
- 4 cups low-sodium vegetable or chicken broth
- ⅛ teaspoon red pepper flakes
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- 1 15.5-ounce can (about 1¾ cups) cooked kidney beans
- 2 cups kale, chopped
- 1 cup whole grain or legume-based small pasta (such as macaroni)
- 2 tablespoons fresh basil, chopped
- ¼ cup shredded Parmesan cheese (optional)

## Directions

1. Heat olive oil in a large pot over medium-high heat. Add onion, celery, and carrot. Cook until soft, about 5 minutes. Add garlic, salt, and pepper, and cook for 1 minute.
2. Add the tomatoes, broth, and dried herbs. Bring to a boil. Reduce the heat to medium-low and simmer 10 minutes.
3. Stir in the kidney beans, kale, and pasta and cook until the pasta and vegetables are tender, about 10 minutes (depending on recommended cooking time of pasta).
4. To serve, ladle into bowls and top with Parmesan (optional) and fresh basil.

45 MINUTES | SERVES 6

*Nutrition Facts*

297 calories | 6g fat | 1g saturated fat | 453mg sodium | 51g carbohydrate | 9g fiber | 4g sugar | 10g protein