



### *Recipe for-*

#### **Easy Family Meals Recipe: Veggie Minestrone Soup**

Making minestrone soup is the perfect way to use a surplus of veggies you have on hand. Some of the veggies may be harvested from your garden, or purchased at your local farmer's market. Either way the results will be wonderful because this hearty soup is packed with nutrients, fiber and great taste.

#### **Ingredients:**

1 can chickpeas  
1 can kidney beans or pinto beans  
1 large onion, chopped  
1 clove garlic (or more), finely chopped  
¼ cup olive oil  
2 cups pureed tomatoes with juice  
10 cups low-sodium chicken or vegetable stock  
2 large carrots, chopped  
1 bay leaf  
¼ teaspoon ground pepper  
¼ teaspoon dried oregano  
¼ teaspoon dried basil  
1-tablespoon salt  
1 potato, peeled & chopped  
6 (or more) cabbage leaves  
2 cups cauliflower, cut into flowerets  
6 (or more) escarole leaves, chopped  
1/3 cup rice  
1 medium zucchini, chopped  
1/3 cup ditalini or other small pasta

#### **Preparation steps:**

Drain and rinse chickpeas, kidney beans or pinto beans.

Over low heat cook onion & garlic in olive oil. Add tomato puree with juice. Add chicken or vegetable stock. Add carrots, bay leaf, pepper, oregano, basil and salt. Bring to a boil, then cover and simmer 30 minutes.

Meanwhile, chop potato, cabbage leaves, cauliflower, and escarole leaves. Add to pot then simmer an additional 10 minutes. Add rice and simmer 10 more minutes. Add zucchini and pasta then simmer 10 minutes.

Serve with a tossed green salad, whole grain bread, and fresh fruit for dessert. Enjoy!