



# MOM'S HOMEMADE MINESTRONE SOUP

## INGREDIENTS

- 1 onion, diced
- 1 can chopped tomatoes
- 1 cup celery, 1/2" slices
- 4 cups water/veg broth + 1 can water
- 1 tbsp garlic 1 can cannellini beans, drained (preference)
- 1 cup carrots, chopped
- 2 cups zucchini, 1/2" half moons
- 1 tsp dried oregano
- 2 cups spinach
- 2 cups whole grain pasta, cooked

## DIRECTIONS

1. Sweat onions, celery, garlic, carrots, oregano in veggie broth for about 5 minutes, season with salt and pepper.
2. Add everything except spinach and pasta and cook until al dente.
3. Add spinach and cook until wilted, 1-2 min.
4. Serve over whole grain pasta

