



Minestrone

Ingredients

1 oz extra virgin olive oil
2 garlic cloves, crushed
1/2 white onion, chopped
3 celery stalks, finely chopped
1 large carrot, peeled and chopped
Salt and pepper to taste
1 qt vegetable stock
1 zucchini, chopped
1 15 oz can red kidney beans
1 can crushed tomatoes
2 cups small shell pasta
2 leaves ripped basil
Parmesan cheese to taste

Preparation

In a large pot, heat up oil with garlic, white onion, celery and carrot. Season with salt and pepper and cook until onions are soft. Add in vegetable stock, bring to a boil and add in zucchini, and beans. Allow to cook for 15 minutes and add in tomatoes and pasta. Once pasta is al dente, serve with ripped basil and cheese

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

