

Foodnity Recipes

Healthy Minestrone Soup Recipe

20 min Prep time	**35 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

The Base

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 carrots, sliced into rounds
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp dried oregano

The Body

- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 6 cups vegetable broth
- [ ] 1 can (15 oz) cannellini beans, drained
- [ ] 1 cup frozen peas
- [ ] 1 small zucchini, diced
- [ ] 1/2 cup small pasta (ditalini or macaroni)

Seasoning & Finish

- [ ] 1 tsp salt (or to taste)
- [ ] 1/2 tsp black pepper
- [ ] 1 tbsp lemon juice
- [ ] 1/4 cup fresh parsley, chopped

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Sauté them slowly for about 7-8 minutes until the onions are soft and translucent.
2. Stir in the minced garlic and dried oregano. Let them cook for just about a minute—just until the smell fills the kitchen, but be careful not to let the garlic brown too much.
3. Pour in the diced tomatoes with their juices and the vegetable broth. Bring the mixture to a gentle boil, then turn the heat down to low and let it simmer for 15 minutes.
4. Add the cannellini beans and zucchini. Let the soup simmer for another 5-7 minutes so the zucchini is tender but not falling apart.
5. Stir in the pasta and frozen peas. Cook for about 8-10 minutes, or until the pasta is al dente.
6. Remove from heat. Stir in the lemon juice, salt, pepper, and fresh parsley. Give it a taste and add a pinch more salt if it needs it.

Nutrition per serving

280 kcal	14 g	38 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a deeper flavor, try using a lentil vegetable soup base for extra protein.
- If the soup becomes too thick after reheating, simply add a splash of water or broth.
- To keep the vegetables vibrant, don't overcook the peas and zucchini.