

# Minestrone Soup



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
25 MINUTES

**TOTAL TIME:**  
40 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 8 Servings

## Ingredients:

- 2 TBSP Extra Virgin Olive Oil
- 1 Medium Onion - Diced
- 8 Garlic Cloves – Minced
- 4 Organic Celery Stalks – Ends Trimmed & Diced
- 1 ½ Cups Organic Rainbow Carrots - Diced
- 8 oz. Organic Baby Portabella Mushrooms – Ends Trimmed & Diced
- 1 Small Organic Zucchini – Ends Trimmed & Diced
- 2 - 28 oz. Cans – Organic Crushed Tomatoes
- 32 oz. Organic Vegetable Broth + 4 oz. More
- 1 15 oz. Can Organic Red Kidney Beans (Non-BPA Lined)
- 1 15 oz. Can Organic Lentil Beans (Non-BPA Lined)
- 2 Cups Organic Spinach - Chopped
- 1 TSP Oregano
- 2 ½ TSP Himalayan Sea Salt
- ¼ TSP Black Pepper
- 6-8 Basil Leaves – Loosely Chopped
- 12 oz. Jovial Brown Rice Pasta - Elbows (Gluten Free)

## Instructions:

1. In large pot, add olive oil and heat until warmed. Add onion and cook until translucent – about 5-8 minutes. Add garlic and cook about 30 seconds.
2. Add celery and carrots to pot. Add 4 oz. of vegetable broth to help soften veggies.
3. Next add mushrooms and zucchini. Cook another 5 minutes.
4. Add both cans of crushed tomatoes, 32 oz. vegetable broth along with red kidney beans and lentils.
5. Season with salt, pepper, oregano and fresh basil.
6. Let simmer about 15 more minutes. Add spinach to pot 2 minutes before serving.
7. Prepare pasta according to directions.
8. Scoop ½ cup cooked pasta into serving bowls and ladle in your soup.
9. Top with basil.

**\*Try and use all organic ingredients if possible.**

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