



Minestrone Soup

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, chopped
- 2 celery ribs, thinly sliced
- 1 teaspoon sea salt, plus more to taste

- Freshly ground black pepper
- 3 garlic cloves, grated
- 1 (28-ounce) can diced tomatoes
- 1½ cups cooked white beans or kidney beans, drained and rinsed
- 1 cup chopped green beans
- 4 cups vegetable broth
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ¾ cup small pasta, elbows, shells, orecchiette
- ½ cup chopped fresh parsley
- Red pepper flakes
- Grated Parmesan cheese, optional, for serving

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, salt, and several grinds of black pepper, and cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.
2. Add the garlic, tomatoes, beans, green beans, broth, bay leaves, oregano, and thyme. Cover and simmer for 20 minutes.
3. Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through.
4. Season to taste and serve with parsley, red pepper flakes, and parmesan, if desired.

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