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

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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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