

# Minestrone Soup



2 servings



35 minutes

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 large leek, chopped
- 3 medium carrots, peeled and sliced
- 3 medium stalks celery, sliced, leaves reserved for garnish
- 2 tablespoons Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup frozen peas
- 2 tablespoons unsalted tomato paste
- 6 cups reduced-sodium vegetable broth ( or chicken bone broth)
- 1 (15-ounce) can no-salt-added chickpeas ( or cannellini beans) , drained and rinsed
- 1 (14½-ounce) can no-salt-added diced tomatoes, undrained ( or three cups fresh tomatoes, diced)
- 1 medium zucchini, sliced into half-moons
- 2 cups frozen green beans
- 2 to 3 tablespoons fresh lemon juice

# Minestrone Soup



## DIRECTIONS

1. Heat oil in a large Dutch oven over medium heat. Add onion, leek, carrots, celery, garlic, Italian seasoning, salt and pepper; cook, stirring often, until the vegetables are tender, about 8 minutes.
2. Add tomato paste; cook, stirring constantly, until caramelized, about 1 minute.
3. Stir in broth, chickpeas, tomatoes and zucchini; bring to a boil over medium-high heat. Reduce heat to medium-low; simmer, undisturbed, for 20 minutes.
4. Stir in green beans and frozen peas, stir and cook, until the green beans are thoroughly heated, about 10 minutes.
5. Stir in lemon juice. Divide the soup among 6 bowls. Top with fresh basil leaves.

Refrigerate for up to 3 days or freeze for up to 2 months.