

"We make this all winter long. It's tasty, healthy and easy! It makes a big enough batch to last a few days for lunches or dinners.

## **Ingredients**

2 tablespoons olive oil  
1 medium white or yellow onion, chopped or minced  
2 zucchini, chopped  
1 large handful of fresh green beans, chopped into bite-sized pieces  
2-3 stalks of celery, chopped  
4-6 large cloves of fresh garlic, minced  
4 cups low sodium vegetable broth  
2 15-ounce cans red kidney beans, drained and rinsed (fun fact – rinsing removes a good portion of the sodium!)  
2 15-ounce cans white beans (kidney, great northern, etc.), drained and rinsed  
1 large can diced tomatoes, with juice (you can use reduced-sodium canned tomatoes)  
2 teaspoons dried parsley  
1 1/2 teaspoon dried oregano  
1 1/2 teaspoons salt (optional)  
1/2 teaspoon ground black pepper  
1/2 teaspoon dried basil  
1/4 teaspoon dried thyme  
3 cups water  
1/2 cup small shell pasta  
4-ish cups fresh baby spinach (I just throw a few handfuls in)

## **Preparation**

Heat olive oil over medium heat in a medium to large pot. Add all the veggies and garlic to the pot and sauté until the onions begin to look translucent (around 5 minutes). Add broth, tomatoes, beans, water, herbs and salt and pepper, to taste. Bring soup to a boil, then reduce heat and simmer for 20 minutes. Add pasta and cook for 20 more minutes or until pasta is done. Turn off the stove, add the spinach and stir until the spinach starts to wilt. Serve the minestrone topped with fresh grated Parmesan cheese, accompanied with warm bread.