

MINISTRONE SOUP

By **DAIRYFREEGINA**

****Dairy Free** **Vegan** **Gluten Free****

Minestrone is a hearty soup perfect for winter or cool nights. It is loaded with vegetables and can basically be made with what you have on hand.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 3 large carrots, diced
- ½ bag bag Cruciferous Crunch Blend from Trader Joe's



- 1/3 pound green beans, trimmed and cut into 1/2-inch pieces (about 1 1/2 cups)
- 1 teaspoon dried oregano, 1 teaspoon dried basil – other seasonings to taste
- salt optional to taste
- 1 14 -ounce can crushed tomatoes
- 6 cups vegetable broth
- 1 15 -ounce can low-sodium kidney beans, drained and rinsed
- 1 cup small sized pasta

Directions

Heat the olive oil in a large pot over medium-high heat. Add the onion, celery, garlic and sauté for about 4 minutes. Add carrot and cook until it softens, about 5 minutes. Stir in green beans, seasonings, Cruciferous Crunch, tomatoes, broth. Simmer on medium heat for 20 minutes. Add kidney beans and simmer on low for 60 minutes. While soup is cooking cook pasta in separate pot. 5 minutes before serving add pasta to soup and warm through. Do not cook pasta in soup pot unless you like mushy pasta.