

Marvelous Minestrone Soup



Prep: 20 minutes

Cook: 30 minutes

Yield: 6 servings

Chef Suzanne Landry

2 tablespoons olive oil
1 medium onion chopped (about 1 cup)
2-3 cloves fresh garlic chopped
1/2 green bell pepper chopped (about 1/2 cup)
1/2 red bell pepper chopped (about 1/2 cup)
2 carrots chopped (about 1 cup)
2 stalks celery chopped (about 1 cup)
2 bay leaves
1 teaspoon each of dried basil and dried oregano
1 teaspoon salt
1/4 teaspoon black pepper, or to taste
6 cups water, divided
1 cup precooked navy beans
1/2 handful fresh string beans chopped (about 1/2 cup)
1/2 small zucchini chopped (about 1/2 cup)
8 oz can diced tomatoes
8 oz can tomato sauce



Optional

1 cup elbow macaroni precooked
1 small jalapeño pepper minced (for a spicier soup)

1. In large pot, add oil and sauté onion and garlic for 2-3 minutes on medium heat.
2. Add peppers, carrots, celery, bay leaves, basil, oregano, sea salt, pepper and jalapeño if using. Add enough water to the pot so that it will come above the vegetables by two inches. You may add more water later. Cover, bring to a boil and then reduce to medium low heat. Simmer for 8 minutes.
3. Add navy beans, chopped string beans, zucchini, and diced tomatoes. Check for desired thickness of soup before adding more water. Simmer string beans until tender, about 6-8 minutes. Add tomato sauce and diced tomatoes. Adjust the seasoning, and reheat. Remove bay leaves and discard.
4. Place the cooked macaroni in individual bowls. Ladle soup into bowls. Garnish with chopped parsley and serve.

Chef's Notes: When storing leftovers, it is a good idea to keep the macaroni separate from any soup stock. This prevents them from becoming too soft as they continue to absorb liquid.