



# Minestrone

Prep Time: 60 minutes  
Cook Time: 30 minutes  
Yield: 8 servings

## INGREDIENTS

- 2 tablespoons of olive oil
- 1 large onion diced
- 4 cloves of garlic minced
- 2 stalks of celery diced
- 1 large carrot diced
- 1 1/2 cups of chopped green beans
- 4 fresh tomatoes chopped or 1 can of chopped tomatoes
- 1 teaspoon of dried oregano
- 1 teaspoon dried basil
- Kosher salt
- 1/4 cup of fresh parsley
- 2 bay leaves
- 1/2 teaspoon pepper flakes
- 1 cup of elbow pasta
- Two cans of cannellini beans
- My secret ingredient:**  
1/3 nutritional yeast

## DIRECTIONS

- 1. Sauté all vegetables**
2. This is very personal; I have an obsession in which order the vegetables have to be added. This is how I do it:
3. Sauté chopped onions for 5 minutes in the pot with the olive oil on medium heat, add garlic, celery and carrots.
4. Cook for another 5 minutes, then add the chopped tomatoes.
5. Cook until the tomatoes are soft, add the ham and the cheese rind.
6. Add chopped green beans and chopped parsley, bay leaves and spices.
7. Add vegetable broth and let it simmer for 20.
8. Drain the cannellini beans and add to the soup.
9. Chop the Swiss chard or kale and add it to the soup, then add pasta and simmer for 15 minutes.
10. Add the nutritional yeast little by little and taste. Nutritional yeast has a savory taste and can be adjusted to your taste. I do like to sauté some garlic and parsley with a little olive oil and pour it in the bowl of soup the last minute before I serve. Serve with a rustic loaf of bread.

