



Makes 4 servings
Cook Time: 30 minutes

INGREDIENTS:

- 1 large onion, chopped
- 2 medium carrots, chopped
- 1 stalk celery, chopped
- 2 large cloves garlic, minced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (15.5-ounce) can cannellini beans (or other white beans), drained and rinsed
- 1 medium zucchini, diced
- 4 cups vegetable broth
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- salt and ground black pepper

Minestrone in Minutes

Ridiculously easy? Check. Incredibly flavorful and satisfying? Double check! This is a delicious, make-it-your-own Italian vegetable soup. Add any vegetables or beans you want to use up, or a small amount of cooked rice or pasta—just place it in the bottom of your bowl and ladle the hot soup on top. To save time, you can even use frozen mixed vegetables to replace the carrots, celery, and zucchini. This soup reheats well, so enjoy it throughout the week.

Recipe adapted from *The Book of Veganish*.

<https://www.youtube.com/watch?v=wSwAX0hOK94>

By Kathy Freston

- 1** Heat a large saucepan over medium heat. Place the onion, carrots, celery, and garlic into the pan and cook, stirring occasionally, until softened, about 7 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
- 2** Stir in the tomatoes and their juices, beans, zucchini, and broth. Add the basil, oregano, and salt and pepper to taste. Bring to a boil, then reduce the heat to low, cover, and simmer until the vegetables are tender, about 20 minutes.
- 3** Taste and adjust the seasonings, adding more salt and pepper if needed. Serve hot.