

## Minestrone Soup

4T Olive Oil, divided  
1 medium onion, chopped  
2 medium carrots, peeled and chopped  
2 ribs of celery chopped  
¼ C tomato paste  
2 C seasonal vegetables (potatoes, yellow or butternut squash, zucchini, green beans all work!)  
4 cloves of garlic, pressed or minced  
½ t of oregano  
½ t dried thyme  
1 large can (28oz) diced tomatoes, with liquid  
4 C (32 oz) vegetable broth  
2 C water  
1 t sea salt  
2 bay leaves  
Pinch or red pepper flakes  
1C orecchiette, elbow or small shell pasta  
1 can (15 oz) Great Northern beans or cannellini beans  
2 C baby spinach  
2 t lemon juice  
Freshly grated parmesan cheese (optional)

1. Warm 3T of olive oil in a stockpot over medium heat. Add chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook until veggies have softened and onion is translucent, 7-10 min.
2. Add seasonal vegetables, garlic, oregano and thyme. Cook for about 2 minutes.
3. Pour in diced tomatoes and their juice, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground pepper.
4. Raise heat to medium-high and bring to a boil. Cover partially with a lid, allowing steam to escape and reduce heat as necessary to maintain a simmer.
5. Cook for 15 minutes, then add pasta, beans and baby spinach. Continue to simmer, uncovered, for 20 minutes or until the pasta is cooked al dente and the greens are tender.
6. Remove the pot from the heat and remove bay leaves. Stir in lemon juice and remaining olive oil. Season with salt as needed.
7. Garnish bowls of soup with parmesan and enjoy!