

# WINTER MINISTRONE SOUP

By: Simply Creative Chef Rob Scott

## Ingredients:

Yields 6 servings

¾ cup small pasta (rotelle, ditalini, orecchiette, elbow, etc.)  
14 ounce chopped tomatoes, 1 can  
8.1 ounce red kidney beans, 1 can  
1 can white beans  
1 medium zucchini  
2 medium carrots  
1 large onion  
2 stalks of celery  
¼ cup tomato paste  
1 cup fresh spinach  
4 cups vegetable stock  
2 tablespoons olive oil  
1 large clove garlic  
1 handful parsley  
½ tablespoon Italian seasoning  
½ teaspoon salt  
¼ teaspoon black pepper

## Directions:

- Dice the onion and carrot
- Thinly slice the celery
- Chop the zucchini into ½ inch half moons
- Mince the garlic
- Drain and rinse the beans
- Heat the oil in a large, thick-based soup pot over medium heat
- Once hot, stir in the onion and sauté it for 2-3 minutes, then add the garlic to sauté for just 20-30 seconds
- Add the carrots, celery, tomato paste, and seasoning to the pot
- Cook for about 5 minutes, stirring occasionally, until the vegetables start becoming tender
- Add the chopped tomatoes
- Stir in the vegetable stock and bring the vegetarian minestrone to a soft boil
- Add the pasta to the pot, and allow it to cook for about 10 minutes or until slightly al dente (you can cook the pasta separately and add to the soup when serving but it has the best flavor if cooked in the vegetable stock)

- Add the zucchini and beans
- Simmer the soup for just 5 minutes and add the spinach in the last 2-3 minutes
- Adjust the seasonings if needed
- When serving the vegetarian pasta soup, you can add a sprinkle of parmesan cheese and some finely chopped parsley