

Classic Minestrone

Ingredients

2 tablespoons olive oil

1 large onion, diced

4 cloves garlic, minced

2 stalks celery, diced

1 large carrot, diced

⅓ pound green beans, trimmed and halved (about 1 ½ cups)

1 teaspoon dried oregano

1 teaspoon dried basil

Kosher salt and freshly ground pepper

Ingredients continued

1 can (28-ounce) no-salt-added diced tomatoes

1 can (14-ounce) crushed tomatoes

6 cups low-sodium vegetable or chicken stock

1 can (15-ounce) low-sodium kidney beans

1 cup elbow pasta

⅓ cup finely grated parmesan cheese

3 tablespoons chopped fresh basil

Makes 6 servings

Culinary Medicine, Nutrition Services



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Instructions

Step 1:

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds.

Step 2:

Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, $\frac{3}{4}$ teaspoon salt and pepper to taste; cook 3 more minutes.

Step 3:

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium-low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.

Step 4:

Season with salt. Ladle into bowls and top with the parmesan and chopped basil.