

Classic Minestrone

Ingredients

2 tablespoons olive oil
1 large onion, diced
4 cloves garlic, minced
2 stalks celery, diced
1 large carrot, diced
½ 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
½ cup finely grated parmesan cheese
3 tablespoons chopped fresh basil

Makes 6 servings

Culinary Medicine, Nutrition Services



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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.