



Hearty Italian Pasta & Bean Soup

Ingredients

- **2 tbsp.** Olive Oil
- **1** large cooking onion
- **1** stalk of celery, sliced thin
- **2** cloves of garlic, minced
- **4 cups** chicken stock
- **1** small carrot, sliced thin
 - feel free to add vegetables that may be in your fridge or garden such as eggplant, mushrooms, leeks, etc.
- **1 can** plum tomatoes
- **2 cups** cooked white beans
 - black, kidney, or mixed beans would work in this recipe as well
- **1 cup** spinach, chopped
- **1** small zucchini, chopped
- **¼ cup** chopped fresh basil or 1 tbsp dried basil
- **¼ cup** chopped fresh parsley or 1 tbsp dried parsley
- **1 tsp.** dried oregano
- **1 ½ cups** uncooked pasta
 - you can use any pasta sitting in your pantry, we suggest a short type such as fusili, rotini, macaroni, or shells
- **¼ cup** grated parmesan cheese
- Salt and pepper to taste

Directions

1. In a large saucepan or Dutch oven, heat the olive oil over medium heat.
2. Sauté the onion, celery, and garlic until the onions are soft. If adding any additional vegetables such as eggplant or mushrooms, do so now.
3. Add the chicken stock, carrot, and tomatoes and simmer for 35 minutes.
4. Add the beans, spinach, zucchini, basil, parsley, and oregano and continue to simmer for an additional 10 minutes.
5. Meanwhile, cook the pasta according to the package directions. Drain pasta and add to soup.
6. Season soup with salt and pepper. Serve soup with a spoonful of parmesan cheese sprinkled over each bowl



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