



Hearty Minestrone Soup

MyPlate2Yours - Lynn Dugan

Ingredients

1/4 cup olive oil
1 medium stalk celery, sliced
1 medium onion, diced
6 mini peeled carrots (or one large carrot), sliced
1 clove garlic, minced
1-16 ounce package 'homestyle diced' cabbage
1-16 ounce can petite diced tomatoes
5 cups water
2 beef flavored bouillon cubes
1 teaspoon salt
1 teaspoon Worcestershire sauce
1/4 teaspoon dried oregano leaves
1/4 teaspoon freshly ground pepper
2 medium potatoes, peeled and diced
1 large zucchini, cut into bite-sized pieces
1-15 ounce can red kidney beans, drained
2 cups packed fresh spinach, chopped
1/2 cup grated Parmesan cheese

Directions

Heat oil in a heavy saucepan over medium-high heat, cook carrots, celery, onions, garlic, and cabbage until vegetables are slightly browned, about 10 minutes, stirring frequently.

Add tomatoes with their liquid and the next 8 ingredients, over high heat, bring to a boil. Reduce heat to low, cover and simmer until vegetables are tender, 10-20 minutes. Add beans and spinach, heat thoroughly and season to taste. Serve over cooked elbow noodles. Top with parmesan cheese. Enjoy!