

Lifestyle Coaching and Food Institute



Minestrone Soup

Yield: 6 Servings

Cost Per Serving: \$1.18

Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 yellow onion diced
- 2 carrots peeled & chopped
- 2 celery ribs chopped
- 2-3 garlic cloves minced
- 1 lb spinach

- 1 large potato peeled & chopped
- 1 14.5oz can diced tomatoes
- 2 tsp dried rosemary
- 4 cups chicken broth
- ¼ cup small dried pasta
- 1 15oz can cannellini beans drained & rinsed

Directions:

- 1. Heat olive oil over medium heat in a large pot. Add onion, carrots, celery, and garlic and sauté for about 5 minutes, until vegetables soften.
- 2. Add the spinach and potato and sauté for 2 minutes longer.
- 3. Add the tomatoes and rosemary and simmer for about 5 minutes, until the spinach is wilted
- 4. Add the stock and bring to a boil. Add the pasta, reduce the heat to medium and cook until potato and pasta are tender, about 10 minutes.
- 5. Stir in the beans and simmer for 5 minutes.
- 6. Season with salt and pepper.

Recipe adapted from: Make Every day Mediterranean Cookbook *Based on Walmart prices 12/22