



MINISTRONE SOUP RECIPE

PREP TIME: 20 MIN • COOK TIME: 30 MIN • YIELDS: 4 SERVINGS

INGREDIENTS

- 1 yellow onion, diced
- 1 cup carrots, sliced
- 2½ Tbsp olive oil
- 1 can (14-oz) diced tomatoes
- 2½ tsp cumin
- 1 cup water
- 1 can (14-oz) white beans, any type
- 1 can (14-oz) chickpeas

FOR THE TOPPING

- ¼ cup parsley
- 2 Tbsp pine nuts
- 1 Tbsp garlic
- 2 tsp dried basil
- Salt and pepper to taste

DIRECTIONS:

1. Heat 1 tablespoon of oil in a 4-quart, heavy bottom pan over medium heat and add diced onions and sliced carrots. Sauté for 5 minutes or until onion is fragrant.
2. Add tomatoes, cumin, drained white beans and chickpeas to the pot with 1 cup of water and bring to a simmer. Continue to simmer until the carrots are soft, 8 to 15 minutes.
3. Season with salt and pepper to taste.

TO MAKE THE TOPPING:

Use a plunger-style food chopper or small food processor to coarsely chop the parsley, pine nuts, garlic, basil and the remaining 1 and ½ tablespoons of olive oil. Add a dash of salt if desired.

TIP: Use pre-cut onion and carrots or frozen options to reduce prep work. Jarred minced garlic and garlic paste are also options.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.