

# Vegetable Minestrone

(Serves 4)

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 (14-ounce) cans vegetable broth
- 1 cup water
- 1 (15-ounce) can white cannellini beans (drained)
- 1 (15 ounce) package/can of yellow or green soybeans (wild oats)
- 1 (15 ounce) can of red kidney beans (drained)
- 1 small zucchini sliced
- 1/8 head cabbage cut into chunks
- 1 teaspoon fresh or dried thyme leaves
- 1 (14 1/2 -ounce) can diced tomatoes
- 1 garlic clove, minced
- 1 cup green beans, cut into 1-inch pieces
- 1 cup small dried whole wheat elbow pasta
- 1/2 cup chopped broccoli
- 4 teaspoons chopped Italian parsley (flat) for garnish

Warm the oil in a large saucepan or stockpot over medium-high heat. Add the onion, carrots, and celery and cook until tender but not brown, about 5 minutes. Add the broth, water, cannellini, soybeans and kidney beans, zucchini, cabbage, and thyme. Increase heat to high and bring to a boil. Reduce heat to medium and simmer, partially covered, 15 minutes. Add the tomatoes, garlic, green beans, pasta, and broccoli and cook 8 to 10 minutes more or until all the vegetables are tender. Serve sprinkled with fresh parsley for garnish.



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