

# Minestrone Soup

August 19, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF

Serves: 4- 6 Total time: 45 minutes

- *1/4 cup extra virgin olive oil*
- *3/4 cup chopped onion*
- *3/4 cup chopped carrot*
- *3/4 cup chopped celery*
- *1 Tbsp minced garlic*
- *1 bay leaf*
- *2 sprigs fresh thyme or a teaspoon of dried thyme*
- *1 Yukon gold potato, peeled and cut into 3/4-inch chunks*
- *1 zucchini, cut into 3/4-inch chunks*
- *2 medium fresh ripe tomatoes, cored, peeled, chopped*
- *6 cups chicken stock (or vegetable stock for vegetarian version)*
- *1 15-ounce can cannellini or white beans, drained – red, pink, fava beans all work well*
- *2 cups of any short pasta like tubes or orzo*
- *1/4 cup chopped fresh parsley*
- *Salt and pepper to taste*
- *Parmesan cheese, grated for garnish*

*Heat oil in a 4 to 5-quart thick-bottomed pot on medium-high heat sauté onions, carrots, celery, garlic in olive oil. Cook until lightly browned, about 8 minutes. Add the garlic and cook a minute more. Stir well and add the bay leaf and thyme. Add in stock which ever you have on hand. Cook for about 10 minutes. Add the potato and tomatoes. Simmer until vegetables are cooked by half about another 10 minutes. Add in zucchini and pasta and cook for 8 – 10 minutes, until the vegetables and pasta are tender and cooked through. Feel free to add in any veggies you may have or leafy greens like kale or spinach. Add beans, parsley, salt and pepper cook for about 5 minutes. Taste and re-season if needed. Remove bay leaf and thyme sprigs. If you like spice add in now and stir. Serve with a sprinkle of grated Parmesan cheese. Enjoy!!*

