

# Minestrone Soup

Courtesy of The Souper Crew

Adapted from *The Cancer Fighting Kitchen Cookbook, 2<sup>nd</sup> Edition* by Rebecca Katz and Mat Edelson

Serves 6    Prep time: 20 minutes    Cook time: 35 minutes

## Ingredients\*

2 T extra-virgin olive oil	¼ t. fennel seeds, crushed
1 c. finely diced yellow onion	Pinch of red pepper flakes
Sea salt	8 c. vegetable broth
1 c. peeled and finely diced carrot	1, 14 oz. can crushed tomatoes
1 c. finely diced celery	1, 15 oz can kidney beans
1 c. finely diced zucchini	2 c. stemmed and finely chopped swiss chard
½ t. finely chopped garlic	4 oz. whole grain pasta, cooked
½ t. dried oregano	¼ c. finely chopped fresh parsley
¼ t. dried thyme	Grated organic parmesan cheese

\* Gluten-free pasta can be substituted for whole grain pasta; other vegetables (cabbage, squash, etc.) can be added if desired; chicken broth can be substituted for vegetable broth; cubed chicken can be added if desired.

## Instructions

1. Heat olive oil in a soup pot over medium heat, then add onion, pinch of salt and sauté until golden, about 5 min. Add carrot, celery, zucchini, garlic, oregano, thyme, fennel, red pepper flakes, and ¼ t. salt and sauté for 4 min. Pour in ½ c. of broth to deglaze the pot and cook until the liquid is reduced by half.
2. Add remaining 7 ½ c. of broth, the tomatoes and beans, and bring to a boil, then lower heat and simmer for 20 min.
3. Stir in the chard and another ¼ t. salt and cook for 3 min. more. Stir in pasta and parsley. Serve topped with a sprinkling of parmesan cheese.

**Storage:** store in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 2 months.

**Per serving:** 300 calories; 6 g. total fat (0.5 saturated, 3 g. mono-unsaturated); 12 g. protein; 55 g. carbohydrates; 13 g. fiber; 600 mg. sodium