

Minestrone Soup

Prep 20M | Cook 30M | Enjoy in 50M

This hearty Italian soup is great for chilly fall days. Minestrone was traditionally made to use up any leftover vegetables, so make sure to throw in any extra veggies or greens you have on hand.

INGREDIENTS

- ☐ 3 Italian sausages (about 300 g), casings removed
- ☐ 1 cup diced onion
- ☐ ½ cup diced carrots
- ☐ ½ cup diced celery
- ☐ 2 cloves minced garlic
- ☐ 1 cup green beans, trimmed and cut into 1" pieces
- ☐ 1 tbsp dried oregano
- ☐ ½ tsp freshly ground pepper
- ☐ ¼ tsp salt
- ☐ 1 cup spinach
- ☐ 1 cup kale, torn
- ☐ 1 can (398 mL) no-salt-added diced tomatoes
- ☐ 1 can (398 mL) kidney beans, drained and rinsed
- ☐ 5 cups no-salt-added vegetable broth
- ☐ ⅓ cup orzo pasta, uncooked
- ☐ 2 tbsp fresh chopped basil

DIRECTIONS

1. Heat a large pot over medium heat. Add sausages and cook, stirring to break up meat until cooked through. Add onion, carrots and celery and cook, stirring occasionally, until starting to soften, about 4 minutes.
2. Add garlic, green beans, oregano, pepper and salt. Cook, stirring, until fragrant, about 2 minutes.
3. Add spinach and kale. Cook until slightly wilted, about 1 minute. Add diced tomatoes, kidney beans and vegetable broth. Bring to a boil.
4. Reduce heat to medium-low and simmer for 10 minutes. Add orzo and cook until tender, about 8-10 minutes. Remove from heat and garnish with fresh basil. Serve and enjoy!

NUTRITIONAL FACTS

Serves 4 (1 ½ cups per serving)

Nutritional analysis per serving (1 ½ cup): 412 calories, 21 g fat, 22 g protein, 34 g carbohydrate (26 g available carbohydrate), 8 g fibre, 872 mg sodium