Classic Minestrone

Ingredients
2 tablespoons olive oil
1 large onion, diced
4 cloves garlic, minced
2 stalks celery, diced
1 large carrot, diced
⅓ pound green beans, trimmed and halved (about 1 ½ cups)
1 teaspoon dried oregano
1 teaspoon dried basil
Kosher salt and freshly ground pepper

Ingredients continued
1 can (28-ounce) no-salt-added diced tomatoes
1 can (14-ounce) crushed tomatoes
6 cups low-sodium vegetable or chicken stock
1 can (15-ounce) low-sodium kidney beans
1 cup elbow pasta
½ cup finely grated parmesan cheese
3 tablespoons chopped fresh basil

Makes 6 servings
Culinary Medicine, Nutrition Services
Instructions

Step 1:
Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds.

Step 2:
Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, ¾ teaspoon salt and pepper to taste; cook 3 more minutes.

Step 3:
Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium-low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.

Step 4:
Season with salt. Ladle into bowls and top with the parmesan and chopped basil.