



# Minestrone Soup

Comforting, nourishing, and a great way to use up random veggies and leftovers in the fridge. Recipe and photo created by [Healthy Grocery Girl](#). Made with [Pamela's Elbow Pasta](#).

## Ingredients

- 2 (15-ounce) cans of kidney beans
- 1 (15-ounce) can of white beans
- 3 stalks of celery, diced
- 3 carrots, diced
- 1 small onion, diced
- 1 small zucchini, diced
- ½ cup of fresh basil, sliced
- 2 cups of kale, deveined and chopped
- 1 tablespoon of italian seasoning
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 6 cups of vegetable stock
- 1 box of [Pamela's Elbow Pasta](#)

## Directions

Drain and rinse beans.

Then, wash and prep vegetables according to ingredient list.

Add all ingredients, except the pasta, into a large soup pot or crock pot and let cook for 20 – 30 minutes until vegetables are soft. Feel free to taste the soup as you go and add more italian seasoning, onion or garlic powder to meet your taste preference.

Then, add in the pasta and cook for an additional 8 – 10 minutes.

Serve topped with fresh basil and a side of your favorite crackers or bread.

Stored in the fridge in an airtight container (32-ounce glass mason jars) and enjoy within 1 week.

Optional: If you have time, saute the onions for 3 – 5 minutes in the soup pot or in skillet over medium heat with 1 tablespoon of coconut oil to caramelize the onions which brings out onion's natural sweetness. Do this step first before adding to the soup pot with the other ingredients.