

## Vegan Minestrone Soup

- 2 tablespoons olive oil
- 1 onion, thinly sliced (any kind)
- 2 carrots, diced
- 2 stalks celery diced
- 2-3 garlic cloves diced
- 1 large can diced tomatoes.
- 3-4 cups beans (mixture of cannellini, kidney, pinto or whatever you have one kind is fine too). I use dry and prepare ahead otherwise canned is fine.
- 1 small zucchini, sliced
- Cup or two of green beans or other vegetables chopped roughly
- teaspoon dried parsley, basil, oregano, or other herbs to taste, use fresh if you have them.
- 2 bay leaves
- 7-10 cups of water or vegetable broth or more depending on how much beans and vegetables you add.



Note: I use whatever vegetables I have in my crisper in addition to the onion and garlic. It is not exact, today I made it with part of a zucchini, yellow squash, some green beans and broccoli because that is what I had. I have also used frozen vegetables to supplement in the past. I also do not add pasta like ditalini when making it but you could cook some separately and add when you serve it. (Otherwise, it gets mushy and sucks up all of the broth).

In a large pot, heat olive oil over medium heat. Mix in garlic, onion and carrots, celery and sauté until just tender; approximately 5 minutes. Add tomatoes with juice, beans, and some of the water. Mix in green beans and zucchini or whatever vegetables you are using. Sprinkle parsley, basil, oregano, bay leaves, any other seasoning, salt and fresh ground pepper, red pepper flakes if desired; stir well. Bring the soup to a boil, then reduce heat to simmer. Cover, and let simmer 30 minutes, then turn off and let it cool to room temperature. This is not

exact recipe so add more water or vegetable broth depending on how many beans and vegetables you use.