



Cornell Health & Nutrition Balanced Choices for Life

Recipes

LUNCH/DINNER: Quick Minestrone Soup

Serves 4-6

Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped finely
- 2 zucchini, quartered the long way, then cut into ½ inch chunks
- 2 carrots, quartered the long way, then cut into ½ inch chunks
- 1 can (28 oz) chopped tomatoes
- 1 can (15 oz) beans (your choice: kidney, cannellini, navy, black)
- 6 cups water, vegetable or chicken stock
- ½ teaspoon dried thyme
- 2 teaspoons salt
- 1 teaspoon pepper

Directions

1. Heat olive oil over medium in soup pot. Add onions and cook until sweating and translucent, about 6 minutes.
2. Add chopped carrots and zucchini and sauté for 2 minutes.
3. Raise temperature to high and add tomatoes, beans, stock, thyme, salt and pepper until the soup boils.
4. Cover and reduce heat to maintain a simmer. Cook for 20 minutes. Adjust seasoning to taste.

Serve with a sandwich or salad to make a full meal.

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