

## Hearty Minestrone Soup



### Makes:

14 Servings, 2 cups each

### Utensil:

9 Qt./8.5 L Braiser Pan with Cover

**Rate** ★★☆☆☆

### Recipe:

### Contributed By:

Katherine Lawrence

Cooking instructor, VegNews TV chef, and nutrition instructor for T. Colin Campbell Foundation's eCornell program in Plant Based Nutrition.

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### Recipe Description:

This hearty minestrone soup is almost fat free and is packed with vegetables that are full of vitamins, minerals and fiber that act as cancer-fighters and support our immune system. Those looking for lentil recipes or Italian recipes can make either one of these cooking recipes work in their favor.

1 large  
onion, sliced, use Cone #3  
6 cups  
vegetable broth, low-sodium  
(1.4  
L)  
3 zucchini, sliced, use Cone #2  
2 carrots, sliced, use Cone #2  
4 stalks  
celery, sliced, use Cone #4  
8 cloves  
garlic, sliced, use Cone #1  
1 tablespoons  
basil  
(15  
mL)  
1 tablespoon  
oregano  
(15  
mL)  
2 teaspoons  
rosemary  
(10  
mL)  
½ teaspoon  
salt  
(2.5

mL)  
1/2 teaspoon  
black pepper  
(1.25  
mL)  
4 cups  
baby tomatoes, cut in half  
(720  
g)  
2 cups  
pasta, rigatoni  
(210  
g)  
3 cups  
cannellini or navy beans  
(546  
g)

**Directions:**

1. Preheat braiser pan on medium heat. When several drops of water sprinkled on pan skitter and dissipate, place in onion and stir-fry for 3-5 minutes.
2. Add all remaining ingredients except beans, cover and cook until Vapo-Valve™ clicks. reduce heat to low and cook for 8-10 minutes until pasta is tender.
3. Remove cover and stir in beans. When warmed through, serve.

Nutritional Information per

▼ Serving

**Calories:** 109  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 349mg  
**Total** 23g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 4g  
**Protein:** 5g