

# Minestrone Soup

Authentic Italian Minestrone Soup with vegetables, beans, and pasta. This hearty vegetarian recipe is perfect for any season with fresh ingredients.

15	30	45	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Minestrone Soup

## Ingredients

- 4 tbsp olive oil
- 4 cup vegetable broth
- 1 onion
- 1 cup pasta
- 2 clove garlic
- 2 carrot
- 800 g tomato
- 2 cup water
- 3 tbsp tomato paste
- 2 celery stick
- 2 cup green bean
- 2 tbsp Worcestershire sauce
- 1 tsp sea salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the vegetables**

Heat 4 tablespoons of olive oil in a large Dutch oven or heavy-bottomed pot over medium heat until shimmering, about 2-3 minutes. Add 1 diced onion, 2 diced carrots, and 2 diced celery stalks and cook, stirring occasionally, until softened and lightly golden, 8-10 minutes.
- 2** Add 2 cloves minced garlic and cook, stirring constantly, until fragrant but not browned, about 1 minute.
- 3** Stir in 3 tablespoons tomato paste and cook, stirring constantly, until it darkens slightly and becomes aromatic, about 2 minutes.
- 4 Add liquids and seasonings**

Pour in 800g crushed tomatoes, 4 cups vegetable stock, 1 teaspoon dried oregano, and 1 teaspoon dried basil. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 15 minutes.
- 5** Add 2 diced potatoes and 2 cups drained beans to the pot. Simmer until potatoes are fork-tender, 10-15 minutes.
- 6 Cook the pasta**

Meanwhile, bring a large pot of salted water to boil over high heat. Add 1 cup pasta and cook for 2 minutes less than package directions

until just shy of al dente (pasta should still have a slight bite). Drain and set aside.

**7 Finish and serve**

Stir the cooked pasta into the soup and simmer until heated through, 2-3 minutes. Season with salt and pepper to taste.

**8** Remove from heat and let stand for 5 minutes to allow flavors to meld before serving.

## Tips

Always cook pasta separately and slightly underdone before adding to the soup to prevent it from becoming mushy during storage and reheating.

Build flavor layers by sautéing your soffritto (onions, carrots, celery) until deeply caramelized before adding other ingredients—this creates the flavor foundation.

Use a combination of canned and fresh tomatoes for the best balance of convenience and fresh flavor. San Marzano tomatoes provide exceptional taste if available.

Don't add all vegetables at once—add harder vegetables like carrots first, then softer ones like zucchini, and delicate greens at the very end.

Drain and rinse canned beans before adding to remove excess sodium and prevent cloudy broth, but save some bean liquid to add richness if needed.

Season in stages throughout cooking rather than all at the end—this builds deeper, more complex flavors in the finished soup.

Let the soup rest for 10-15 minutes after cooking before serving to allow flavors to meld and the temperature to become comfortable for eating.

Freeze portions in individual containers for quick weeknight meals—just add fresh herbs and cheese when reheating for best results.