

Minestrone

Ingredients

- 1 whole butternut squash, peeled, seeded and diced (about 2 ½ cups)
- 1 26oz can diced tomatoes
- 1 15 oz can cannellini beans, drained and rinsed
- 1 cup cooked, whole grain pasta
- 2 cups baby spinach leaves
- 1 large yellow onion, minced
- 4 carrots, peeled and diced
- 3 stalks of celery, diced
- 6 cups fat free vegetable broth
- 1 cup white wine
- 1 tbsp extra virgin olive oil
- 5 cloves garlic, minced
- 3 bay leaves
- 1 tbsp dried thyme
- 1 tbsp dried basil
- 2 tsp dried sage
- Pepper to taste



Directions:

1. Heat oil in a large cooking pot over medium heat.
2. Add the onions, carrots, celery, squash, and garlic, and cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.
3. Add in the tomatoes, wine, vegetable stock, the bay leaves, thyme, basil, sage, salt and pepper. Bring to a boil, then lower the heat and simmer uncovered for 30 minutes, until the vegetables are tender.
4. Removed the bay leaves, and then add in the beans and cooked pasta and heat through. The soup should be quite thick but if it's too thick, add more vegetable stock.
5. Add the spinach, and cook just until the leaves are wilted. Serve optional grated Parmesan cheese on top.

Makes 8 servings (1.5-2 cup servings)