

# Chunky Minestrone Soup

Recipe By Sina Mizrahi



Cooking and Prep:  1  
h 25 m

Serves:  8

Contains:  

Preference: Parve

Difficulty: Medium

Occasion: Shabbat

Diet: Vegetarian, Low Fat,  
Vegan

Source: Relish by Binah  
Magazine

This soup isn't just hearty and healthy — it's flexible. I love the plethora of colors and textures in each bite from the vegetables and beans, as well as the heartiness of the pasta. I like to use Israeli couscous, because of its compact round shape, but any type of small pasta will do. You can also turn this soup into a complete meal by adding some meat or sausage.

Note: Red wine adds a great depth of flavor, so if you have some leftover wine, this is a great place to use it. (Don't worry about little children — the alcohol evaporates, so you're left with just a mild taste.)

## Ingredients (17)

### Main ingredients

- 4 tablespoons **Bartenura Olive Oil**
- 1 onion, chopped
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 2-3 zucchini, diced

- 1-2 yellow squash, diced
  - 2-3 carrots, diced
  - 2-3 celery stalks, diced
  - 1/4 cup **Alfasi Cabernet Sauvignon** or other red wine (optional)
  - 1 (28-oz.) can crushed tomatoes, with juices
  - 4 cups vegetable stock
  - 1 (15-oz.) can cannellini beans, rinsed
  - 1 teaspoon **Tuscanini Sea Salt**
  - 1/2 teaspoon black pepper
  - 1 teaspoon oregano
  - 1 cup fresh spinach (or 1/2 cup frozen), chopped
  - 1/2 bunch parsley, chopped
  - 1 cup Israeli couscous or other small pasta
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## Start Cooking

### For the soup

1. Heat the oil in a large 6-quart soup pot over a medium flame. Add the onion, garlic, zucchini, squash, carrots, and celery. Sauté for 8 to 9 minutes, stirring occasionally, until the onions are translucent.
2. Add the red wine and deglaze the pot using a wooden spoon, scraping the bottom to release any bits that are stuck. Cook for 2 to 3 minutes.
3. Add the crushed tomatoes, stock, beans, salt, pepper, and oregano. Bring to a boil, cover, and reduce heat to low. Simmer for at least 25 to 30 minutes.
4. Ten minutes before serving, add the spinach, parsley, and pasta. Stir well and serve hot.

### Tip:

If the soup is too thick, you can add hot water in small increments until it reaches the desired consistency.