

Minestrone Soup

Recipe By Rivky Kleiman



Cooking and Prep:  1 h

Serves:  8

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Sukkot

Diet: Low Fat, Low Carb

Source: Family Table by

Mishpacha Magazine

A hearty soup that every true balabusta must have in her arsenal. It's filling, rich in flavor, and downright delicious.

Ingredients (17)

Main ingredients

- 2 tablespoons **Bartenura Olive Oil**
- 1 large onion, diced
- 1 large carrot, diced
- 1 large celery stalk, sliced thinly
- 1 clove garlic, crushed or 1 cube **Gefen Frozen Garlic**
- 7 cups water

- 1 and 1/2 teaspoons salt
 - 1/2 teaspoon oregano
 - 1/2 teaspoon basil or 1 cube **Dorot Gardens Frozen Basil**
 - black pepper, to taste
 - 1 tablespoon beef bouillon powder
 - 1 medium zucchini, diced
 - 1 15-ounce (425 grams) can diced tomatoes
 - 1/4 cup elbow macaroni
 - 5 ounce (141 grams) frozen spinach, defrosted
 - 1 15-ounce (425 grams) can red kidney beans, drained
 - 1 10-ounce (283 grams) can small white beans, drained
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Start Cooking

Prepare Soup

1. In a six quart pot over medium-high heat, heat olive oil.
2. Sauté onion, carrot, celery, and garlic until lightly browned (about 15 minutes), stirring occasionally.
3. Add water, salt, oregano, basil, pepper, and beef bouillon.
4. Raise heat and add zucchini and diced tomatoes with liquid.
5. Bring to a boil, and then stir and reduce heat to low.
6. Cover and simmer for 30 minutes.
7. Add macaroni, spinach, and beans, and cook for an additional 15 minutes until the macaroni is very tender.

Variation:

Orzo and brown rice pasta are other options instead of macaroni.

Credits

Photography: Daniel Lailah

Styling: Amit Farber