

Minestrone

When ordering minestrone in Italy, the ingredients will be as diverse as the region itself. There are common threads in each dish, in that it typically features seasonal vegetables, pasta or rice, and beans.

PREP TIME: 10 minutes **TOTAL TIME:** 50 minutes **SERVINGS:** 4

INGREDIENTS

- 1 can **Rienzi** kidney or cannelloni beans
- 1 carrot, diced
- 1 stalk celery, diced
- 1 small yellow onion, diced
- 1/2 green or savoy cabbage, sliced thin
- 1 zucchini, diced
- 1 bay leaf
- 8 oz **Colavita** Soup Shells
- 8 cups **ShopRite** vegetable stock
- 1 Tablespoon **Colavita** Extra Virgin Olive Oil
- 2 teaspoons **ShopRite** Italian seasoning

DIRECTIONS

1. In a large soup pot, heat olive oil over medium heat and sauté onions briefly. Add chopped zucchini, cabbage, carrots and celery.
2. Pour vegetable broth over cooking vegetables and bring to a boil. Reduce heat and allow soup to simmer for approximately 30 minutes, until vegetables soften.
3. Add beans and pasta or rice to soup. Continue to simmer until pasta or rice is cooked, (approximately 8-10 minutes for pasta or 18 to 20 minutes for rice).

Nutrition Information (1 serving): Calories 237, Total Fat 9 grams, Saturated Fat 5.5 grams, Cholesterol 23 milligrams, Sodium 251 milligrams, Carbohydrates 32 grams, Sugar 3 grams, Fiber 7.6 grams, Protein 6 grams