

## Summer Minestrone Soup

Minestrone soup isn't just for the cold weather anymore! This summer soup is packed full of yummy vegetables that will keep everyone happy and full.

Preparation Time: 15 mins

Cooking Time: 30 min.

Servings: 4 - 6

Amount	Ingredient	Cost – date:
1 Tbsp	Olive Oil, extra virgin	
1/2 cup	Onion, diced (about 1/2 onion)	
1/2 cup	Leeks, sliced, white and light green parts only	
1/2 cup	Celery, diced (about 1 celery rib)	
1/4 cup	Red Bell Pepper, diced (about 1/4 bell pepper)	
3 cloves	Garlic, minced (about 1 Tbsp)	
6 cups	Chicken stock (or vegetable stock)	
1	Bay leaf	
1 tsp	Thyme leaves, fresh or 1/2 tsp dried thyme	
1 tsp	Kosher Salt (season to taste)	
2 cups	Zucchini, large diced (can use other summer squash if preferred – like crookneck or pattypan)	
1 cup	Green beans, fresh, trimmed and cut into 1-inch lengths	
2	Roma Tomatoes, diced	
1/2 cup	Small White Beans, cooked	
1/2 cup	Ditalini or any small pasta (dry), use gluten-free if needed	
For Garnish:		
	Fresh Basil and Parmesan Cheese, grated (optional)	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

- Heat 1 tablespoon of olive oil in a large, thick-bottomed pot on medium high. Add the diced onions, leeks, celery and bell pepper. Sauté for 8 – 10 minutes until softened, lowering the heat to medium to prevent browning. Add the minced garlic and cook for a minute more until fragrant.
- Add the chicken stock, bay leaf, thyme, and salt to the pot. Increase heat to bring to a simmer, then add the zucchini, green beans, tomatoes, white beans, and pasta.
- Heat to a simmer again and lower the heat to maintain a steady simmer. Cook for 10 minutes until the vegetables and the pasta are cooked through. Remove the bay leaf.
- Garnish with thinly sliced fresh basil and grated Parmesan cheese to serve.

SOURCE: <https://www.simplyrecipes.com/>

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**