



Minestrone



Serving

6



Prep

20 Minutes



Cook

40 Minutes



Contributer

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- 3 tbsp Extra virgin olive oil
- 2 Carrots, chopped
- 2 Celery stalks, chopped
- 1 Onion, medium, chopped
- 28 oz Crushed tomatoes, canned (796 mL)
- 32 oz Water or vegetable broth, reduced sodium (1 L)
- 1 Potato, large, chopped
- 4 oz Green beans, chopped 1-inch pieces
- 2 Bay leaves
- 1 tsp Oregano, dried
- ¼ tsp Salt
- ¼ tsp Ground black pepper or chili flakes (optional)
- 2 tbsp Italian (flat) parsley, coarsely chopped

1. Pour extra virgin olive oil in a large pot and heat using medium heat.
2. Add the carrots, celery and onions. Sauté until onions become translucent.
3. Add tomatoes and water or vegetable broth and heat through. Add the chopped potato, green beans, Bay leaves, oregano, salt and pepper or chili flakes if using. Stir all ingredients together and bring to a boil. Cover and turn heat down low or to a simmer and cook until potato is cooked, approximately 30–40 minutes.
4. Garnish with parsley and serve.

Variation

Traditionally, minestrone includes legumes, chopped potato or small pasta or rice. Feel free to add any one of these to make this dish more satiating. Adding red or white kidney beans can help to increase the protein content. Feel free to add other vegetables such as, green peas, leafy greens (spinach, kale) or chopped Bell pepper.

DIETITIAN'S MESSAGE

The word 'minestra' is Italian for 'soup,' and 'minestrone' translates to "that which is served." Minestrone is therefore a soup that can be made from any mixture of vegetables that you have on hand.

Ever wonder what to do with vegetables that have been in your refrigerator for a while and are on the verge of spoiling? Well, making minestrone is a great way to reduce food waste and get a tasty soup at the same time.



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on Neurodegeneration
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CCNV
Consortium canadien en
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