

Minestrone (lenten)

1 tbsp olive oil

1 large yellow onion, diced

2 large carrots, peeled and diced

3 ribs celery, diced

3 large cloves garlic, minced

8 oz mushrooms, portabella preferred

1 can petite diced tomatoes, italian style preferred

1 can French style green beans, or 1/2 bag frozen green beans

2 medium potatoes, cut to 1/2 inch cubes

2 cups shredded zucchini

1 can navy beans or other white beans (or 2 cups prepared from dry beans)

4-6 cups water or vegetable broth (depending on desired soupiness)

1 tsp dried oregano

1 tsp dried basil

1 tsp garlic powder

1 1/2 cups rotini or other pasta

salt and pepper to taste

juice of 1 lemon

Directions

1. Heat olive oil in a large pot, on medium. Add onion, celery and carrots and cook for 5-7 minutes or until onion becomes translucent.
2. Add garlic and mushrooms and cook for a further 1-2 minutes. Add tomatoes, green beans, potatoes, zucchini, white beans, 4 cups water or broth, oregano, basil, and garlic powder.
3. Bring to a boil and cook until potatoes are soft but not falling apart, about 10-15 minutes.
4. Add pasta to pot, bring back to a boil, and cook until pasta is al dente (not soft). Add more liquid if needed as pasta and vegetables cook.
5. Add salt, pepper, and lemon juice. Serve with a crusty bread.