



Watch Blair,* who lives with MG,
make this recipe step by step!



TASTY AND COMFORTING MINISTRONE SOUP

PREP TIME: 20 MIN • COOK TIME: 30 MIN • YIELDS: 4 SERVINGS

INGREDIENTS

Minestrone Soup

- ☐ 1 yellow onion, diced
- ☐ 1 cup carrots, sliced
- ☐ 2½ Tbsp olive oil
- ☐ 1 can (14 oz) diced tomatoes
- ☐ 2½ tsp cumin
- ☐ 2 cups of water or broth
- ☐ 1 can (14 oz) white beans, drained
- ☐ 1 can (14 oz) chickpeas, drained
- ☐ Salt and pepper to taste

Toppings

- ☐ ¼ cup parsley
- ☐ 2 Tbsp pine nuts
- ☐ 1 Tbsp garlic
- ☐ 2 tsp dried basil

DIRECTIONS

Minestrone Soup

1. Heat 1 tablespoon of oil in a 4-quart, heavy bottom pan over medium heat and add diced onions and sliced carrots. Sauté for 5 minutes or until onion is fragrant.
2. Add tomatoes, cumin, white beans and chickpeas to the pot with 1 cup of water and bring to a simmer. Continue to simmer until the carrots are soft, 8 to 15 minutes.
3. Season with salt and pepper to taste.

Toppings

Use a plunger-style food chopper or small food processor to coarsely chop the parsley, pine nuts, garlic, basil and the remaining 1 ½ tablespoons of olive oil. Add a dash of salt if desired.

TIPS AND TOOLS:

- ✱ Use pre-cut onion and carrots or frozen options to reduce prep work. Jarred minced garlic and garlic paste are also options.

Please consult your healthcare team on which recipes are best for your dietary needs and whether any modifications would be appropriate. Also consider any allergies or dietary restrictions before making these recipes.

**Paid contributor to MG United*