



## Minestrone Soup

Serves 6

### Ingredients:

- 2 Tbsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 cup carrots, finely chopped
- 4 cloves garlic, finely chopped
- 1 (28-oz) can diced tomatoes
- 1 (15-oz) can kidney beans, drained and rinsed
- 1 (15-oz) can black beans, drained and rinsed
- ½ tsp. white pepper
- ¼ cup chickpea pasta (gluten-free and full of protein!)
- 3 cups vegetable stock, divided
- 5 cups fresh spinach leaves
- shredded Parmesan cheese, for serving

### Directions:

1. In food processor, pulse together onion, carrot and garlic until finely chopped.
2. In a large skillet, add the olive oil and heat over medium heat. Add the finely chopped vegetables, tomatoes, beans and white pepper. Cook together, stirring occasionally.
3. Mix in the chickpea pasta and 2 cups vegetable stock. Bring to boil, then simmer until pasta and vegetables are tender.
4. Add in final cup of vegetable stock and fresh spinach leaves. Stir and cook until wilted.
5. Serve topped with shredded Parmesan cheese.