Minestrone Soup

(servings 8)

Ingredients:
-Olive oil, 2 TBS
-Celery, 3 sticks, thinly diced, small
-Carrots, 2 peeled and diced, small
-Onion, 1 small, diced, small
-Zucchini, 1 medium, diced, small
-Garlic, 2 cloves, crushed
-diced tomatoes, 1 can or 1 cup marinara sauce
-great northern beans, 1 can
-1/2 cup Orzo Pasta, boil according to package directions. Set aside.
-Salt, 1 tsp
-Black Pepper, 1 tsp
-dried Parsley, ½ tsp
-Fresh Basil, handful
-Oregano, ½ tsp dried.
-Vegetable Broth, Pre-packaged. 1.5 liter (may need extra)
-Frozen Peas, ½ cup
-Spinach, 2 handfuls

Method:
-In a Dutch oven, heat oil, add onions, carrots and celery, Saute for 4-5 min, add crushed Garlic, saute for 1 min, then add zucchini and continue to saute for another 4-5 min
-Season with salt and pepper, and add diced canned tomatoes, Broth and cover and simmer for 10 min
-Add beans, pasta, oregano, parsley and let it simmer for 5 min
-Add frozen peas, and spinach, cover and simmer for 5 min
-Add fresh basil and turn off the heat.
-Serve or freeze for later use.
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