

# Minestrone Soup

About 8-10 Servings

## Ingredients:

Small Beef bone	Thyme, oregano, basil, parsley
Olive Oil	Salt, black pepper and cayenne to taste
2 cloves of garlic	2 Bay Leaves
1 medium onion	Parmesan cheese (optional)
2 stalks of celery	
10 mushrooms	
4-6 small red potatoes	
1-2 carrots or large handful of baby carrots	
Handful of green beans	
1 small zucchini	
2 (14 ½ to 16-ounce) cans diced tomatoes	
½ can white cannellini beans	
½ can red kidney beans	
¾ cup dry macaroni	
1 (32-ounce) box of low sodium beef stock	
1 cup dry red wine	



## Instructions:

Clean and dice garlic, onion, celery and mushrooms. Clean potato, carrots, green beans and zucchini and cut into chunks. Set vegetables aside.

Open up the cans of white cannellini and red kidney beans and empty half a can of each into a colander. Rinse thoroughly and set aside.

In large soup pot, brown beef bone in 1-2 tablespoons of olive oil on medium heat, about 10 minutes. Add vegetables to soup pot, adding another tablespoon of olive oil (if necessary). Cook vegetables until tender, about 5-8 minutes.

Add diced tomatoes, white cannellini & red kidney beans, macaroni, beef stock and red wine. Add spices and bay leaves. Cover with lid and let simmer on low heat for about 45-60 minutes. Remove bone and bay leaves before serving.

If desired, garnish with parmesan cheese.

## Cooking Tips:

- If you add too many vegetables, beans and macaroni, the soup will end up too thick. A small handful of each is plenty.
- If you don't want to open up two cans of beans, use just a full can of either red kidney beans or white cannellini beans.
- To ensure that the macaroni is cooked al dente, add during the last 20 minutes as the soup is cooking.
- Top with parmigiano reggiano cheese. You'll love its flavor!

