

Very Vegetable Minestrone



Many of us do not get enough veggies in our diet day to day. Here is a way to catch up. Minestrone soup can be your main dish, or use it as a side. The fresh herbs can really make it pop but if you do not have go ahead and use them dried. Add a few whole grain crackers or try some yummy whole grain crusty bread and you will be glad you did.

VERY VEGETABLE MINESTRONE

Cook time: 35-45 minutes • Serves: 4, about 1 ½ cup

- 1 Tbsp. olive oil
- 1 small onion, finely chopped
- 1/4 cup finely sliced green onions (including green stems)
- 1/2 cup finely sliced celery
- 1/2 cup finely chopped carrots
- 2 tsp. chopped fresh sage (1 tsp. dried may be substituted)
- 1 tsp. chopped fresh thyme (1/2 tsp. dried may be substituted)
- 2 tsp. chopped fresh parsley (1 tsp. dried may be substituted)
- 3 cloves garlic, minced
- 1 cup finely chopped Savoy cabbage
- Salt and freshly ground pepper to taste
- 1 (14-oz) can cannellini beans, drained and rinsed
- 3 cups reduced-sodium, fat-free chicken broth
- 1 medium potato, cut into 1/2-inch cubes
- 1/4 cup uncooked pearl barley
- 1 cup frozen, cut green beans
- 1 Tbsp. freshly grated Parmesan cheese (optional)

In large pot heat oil over medium-high heat. Add onions, celery, carrots, sage, thyme, parsley and garlic. Sauté 5-6 minutes.

Add cabbage, salt, pepper and cannellini beans and stir. Add broth, bring to a boil and stir in potato and barley. Reduce heat and simmer, covered 20-22 minutes or until potato pieces are tender when pierced with a fork, gently stirring occasionally.

Stir in green beans. Continue to simmer for 5 minutes. Garnish by sprinkling Parmesan cheese over top and serve.



**Grundy County
Memorial Hospital**
UnityPoint Health