

MINISTRONE SOUP

- 2 tablespoons oil (we use grapeseed since it won't burn)
 - 1 onion, diced (optional)
 - 1 clove garlic, minced (optional)
 - 4 large carrots, diced
 - 2 celery ribs, sliced
 - 1-2 cups green beans, cut into 1" pieces
 - 1 small zucchini, diced
 - 1 bell pepper, diced
 - 2 cans cannellini beans mashed
 - 1 can cannelloni beans, drained
 - 1 can crushed tomatoes
 - 6 cups broth
 - 1 teaspoon dried rosemary or other herbs
 - 1 ½ teaspoons salt
 - 1 ½ cup dry small pasta (like ditalini or orecchiette with a short cooking time)
 - ¼ cup parmesan cheese
1. Open the can of beans and pour the liquid and beans into a large bowl. Mash the beans with a very large fork or masher.
 2. Prepare the veggies: dice the onion, mince the garlic, cut the carrots and celery, cut the beans, zucchini, and pepper.
 3. Add oil to a large pot and heat to medium high. Add the onion, carrot, and celery. Cook until the onions are translucent. Add garlic and cook for one more minute, stirring constantly.
 4. Add remaining veggies, pureed/mashed and drained beans, crushed tomato, broth, herbs, and salt to the pot and stir to combine. Bring to a boil.

5. Add pasta and cook for the recommended time, stirring occasionally.
6. Remove from heat and stir in parmesan.

EQUIPMENT

- can opener
- cutting board
- sharp knife (or kid-safe)
- measuring spoons
- liquid measuring cup
- dry measuring cups
- bowls: 1 large bowl for beans
- wooden spoon or heat safe spatula, and one more spatula
- large sized pot with lid
- potato masher or fork
- hot pads

NOTES

- Set out all ingredients, but do not measure or cut anything.