

Minestrone Soup – Healthy, Hearty & Nourishing



Ingredients

3 cloves garlic, crushed

1 onion, diced

½ stalk celery, diced

2 carrots, diced

3 large handfuls of spinach, shredded

10 ripe tomatoes (or 1 jar tomato passata)

1 handful of fresh basil leaves, roughly torn

1 cup cooked cannellini beans

2 good vegetable stock cubes

1 cup uncooked quinoa

Sea salt and black pepper to taste

Method

Saute diced onions in a small bit of butter and when almost translucent, add the minced garlic. Don't allow the garlic to darken, as it will become bitter, but just saute gently for a few minutes.

Add in the fresh chopped tomatoes and cook together for 5 minutes. Using a hand blender, zip all the ingredients to create a smooth sauce base. If using passata, it's up to you whether you zip or not, as the mixture will likely be fairly smooth.

Add 3 cups water and vegetable stock cubes and allow them to dissolve. Add in the carrots, celery, beans and quinoa and cook for about 20 minutes. When all are soft, add in the spinach and basil leaves shortly before serving. Feel free to add more water as necessary.

Enjoy with a healthy, high-protein bread!

Source: Saving the Green



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