

# Gluten-Free Minestrone Soup

**Servings:** 4 - 6

**Prep time:** 15 minutes

**Cook time:** 30 – 40 minutes

## Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled and diced
- 1 celery stalk, diced
- 2 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (14.5 ounce) can tomato sauce
- 4 cups chicken broth
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 zucchini, diced
- 1 bell pepper, diced
- 1 cup chopped kale or spinach
- 8 ounces gluten-free pasta (rotini, ditalini, or small shells)

## Directions:

### *Step 1*

**Sauté Vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery. Cook, stirring occasionally, for 5-7 minutes, or until softened.

### *Step 2*

**Add Aromatics:** Add garlic and cook for 1 minute more.

### *Step 3*

**Add Tomatoes and Broth:** Stir in diced tomatoes (with their juice), tomato sauce, chicken broth, oregano, basil, red pepper flakes (if using), salt, and pepper. Bring to a simmer.

### *Step 4*

**Add Vegetables:** Stir in zucchini, bell pepper. Reduce heat to low, cover, and simmer for 15-20 minutes, or until vegetables are tender.

### *Step 5*

**Cook Pasta:** While the soup simmers, cook the gluten-free pasta according to package directions.

### *Step 6*

**Add Pasta and Greens:** Add cooked pasta and kale or spinach to the soup. Simmer for 5-7 minutes more, or until greens are wilted.

### *Step 7*

**Serve:** Serve hot with a sprinkle of grated Parmesan cheese (if desired).

## *Tips and Variations*

- **Add Protein:** You can add cooked chicken, sausage, or tofu to the soup for extra protein.
- **Adjust Veggies:** Use any combination of vegetables you like, such as green beans, peas, or zucchini.
- **Spice It Up:** Add a pinch of red pepper flakes or a dash of hot sauce for some heat.
- **Make Ahead:** This soup can be made ahead of time and stored in the refrigerator for up to 3 days. Reheat gently on the stovetop.