



Veg Minestrone (L)

Serving: 1

Veg

Ingredients

- Vegetable broth / plain water - 1 cup
- Tomatoes,diced - 1
- Fresh basil, chopped - 1 tbsp
- Oregano - $\frac{1}{2}$ tsp
- Carrots,chopped - 1
- Celery,chopped - 1-2 stalks
- Onion ,chopped - $\frac{1}{2}$
- Zucchini,chopped - 1
- Green beans, chopped -2 tbsp
- Garlic, minced - 1 clove
- Bay leaf - 1
- Salt and pepper - to taste
- Whole wheat pasta - $\frac{1}{2}$ cup
- Oil - $\frac{1}{2}$ tsp

Preparation Method

- 1. In a large pot,Combine all the ingredients except the pasta. Simmer over low heat for at least one hour,or until Vegetable are tender.
- 2. Add the pasta and bring to a slow simmer. cook for another 20 minutes,or until vegetables are tender.
- 3. Remove bay leaf before serving . Enjoy!