

## Mary's Vegetable Minestrone Soup

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I love to make soups that are full of veggies! This one is a great example of that. It's warm and satisfying on a cold winter night.

- 2 T. extra virgin olive oil (EVOO)
- 1 medium sweet onion, chopped
- 3 cloves garlic, minced
- 2 carrots, small dice
- 1 small bulb fennel, small dice
- 1 fresh Roma tomato, seeded and diced
- 1 stalk of celery, small dice
- 1-2 cups green cabbage, chopped
- 1 medium Yukon gold potato, unpeeled, small dice
- 1 medium zucchini, unpeeled, small dice
- 1- 15 oz can cannellini beans (no salt/BPA free) with liquid
- 1 small rind of Parmigianino-reggiano cheese
- 8 cups low-sodium vegetable broth (can substitute chicken broth or use a combination, if desired).
- 1 bay leaf
- 1 T. each of fresh parsley, fresh basil, and fresh thyme all chopped (can substitute 1t. of dried herbs when fresh are not available)
- ½ t. sea salt
- ¼ tsp freshly ground pepper
- ½ cup grated Parmesan cheese

Sauté garlic and onion in EVOO for 3-4 minutes on medium heat in a Dutch oven. Add fennel, celery, carrot, zucchini and sauté another 3-5 minutes. Add chopped tomato and season with salt and pepper. Then add the broth, beans with liquid, bay leaf, potato, cabbage, and cheese rind. Bring to a boil, and then simmer 30-40 minutes. May need to add a little water if too thick. Add chopped herbs and correct seasoning. Discard rind and bay leaf. Serve with grated cheese. Also great with a drizzle of fresh pesto on top!

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