

## Minestrone Soup

### Ingredients:

- 1 yellow onion, chopped
- 1 carrot, chopped
- 2 stalks celery, chopped
- 2 cups mushrooms
- 1 TBSP Italian Seasoning
- ½ tsp crushed red pepper
- 2 TBSP nutritional yeast
- 28 oz petite diced tomatoes
- 4 cups vegetable broth
- 15 oz kidney beans, rinsed & drained
- 15 oz cannellini beans, rinsed & drained
- 3 cups baby spinach, chopped
- ½ cup parsley, chopped
- 2 oz noodles, potatoes or barley



### Instructions:

Sauté onions, carrots, and celery in 1-2 TBSP olive oil. Add mushrooms. Season with salt and pepper and add seasonings. Add tomatoes, vegetable broth, and beans. Bring to a boil then add pasta or potatoes until cooked. Garnish with chopped parsley.

Feel free to use whatever vegetables and beans are your favorite or you have on hand.