

Classic Minestrone Soup

Soupe minestrone classique

30 min

Easy

240 kcal per serving

Lunch

Dinner

Vegan

Kids



Ingredients

FOR ONE SERVING

Cannellini beans (<i>Haricots blancs</i>)	150 g
Small pasta (<i>Petites pâtes</i>)	80 g
Carrot (<i>Carotte</i>)	2
Celery (<i>Céleri</i>)	2 stalks
Tomato (<i>Tomate</i>)	3
Vegetable broth (<i>Bouillon de légumes</i>)	800 ml
Olive oil (<i>Huile d'olive</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	240
Protein	10 g
Carbohydrates	38 g
Fat	6 g
Fiber	9 g

Preparation

1. Peel and dice the carrots, trim and slice the celery, and chop the tomatoes into small pieces.
2. Heat the olive oil in a large pot over medium heat, then add the carrots and celery and cook for 4 to 5 minutes until they start to soften.
3. Add the chopped tomatoes and cook for 2 minutes, stirring often.
4. Pour in the vegetable broth and bring it to a gentle boil.
5. Add the cannellini beans and small pasta, then simmer until the pasta is tender, about 8 to 10 minutes.
6. Taste and season with salt and pepper if needed, then ladle into bowls and serve hot.

GOOD TO KNOW

If the soup gets too thick, add a little water or extra broth before serving.