



Minestrone Primavera

If you're looking for a hearty and healthy vegetable soup, check out this minestrone recipe, which integrates great vegetables, pasta and cheese into a mélange of wonderful flavors. Don't let the long ingredient list fool you; this is a surprisingly fast and very easy dish to prepare. Your family and friends will love this!

Ingredients

2 tbsp olive oil
5 - 6 green onions (white and light green parts only) chopped
1 large carrot, peeled and diced
2 stalks of celery, diced
1 bunch asparagus, trimmed and chopped
2 zucchini, diced
1 14 oz can cannellini beans, drained and rinsed
1 cup white wine
1 3" piece of parmiggiano rind or freshly grated parmiggiano reggiano
3 cups baby spinach, washed, dried and roughly chopped
¼ cup pesto
6 cups vegetable stock
½ cup frozen Peas, defrosted
1 cup cheese and spinach tortellini (or pasta of your choice)
Salt and pepper, to taste

Preparation Process

Pour the oil into a large pot and set to medium heat.

After the oil is heated, add in the green onions, carrot and celery and cook for 5 minutes

Pour in the wine and cook for one additional minute

Add the vegetable stock, cannellini beans and parmesan rind, then turn the heat to high and bring the soup to a boil

Stir in the zucchini and asparagus and cook for 10 minutes

Mix in the tortellini and cook for 7 - 8 minutes, then add the spinach, peas and pesto and cook for an additional minute.

Season with salt and pepper and serve.

If you want to watch the video again. Click [here](#).