

# Cantiga's Kitchen

## Hearty Minestrone Soup

(Serves 8)

### Ingredients:

2 cans or 28 oz petite diced tomatoes (half can be fire roasted for a hint of smokiness)  
2 Tbsp tomato paste  
 $\frac{1}{4}$  cup sun-dried tomato pesto (you might make Cantiga's version, found on our website; or purchase a commercial one to save prep time)  
6 cups vegetable stock (we prefer Rapunzel brand)  
1 cup carrots, quartered and sliced  
 $1\frac{1}{2}$  cup diced onion  
 $1\frac{1}{4}$  cup diced celery  
4-5 cloves or  $1\frac{1}{2}$  Tbsp minced garlic  
1 tsp each of oregano, basil & thyme  
1 tsp fresh chopped or  $\frac{1}{2}$  tsp dry rosemary  
2 bay leaves  
 $1\frac{1}{2}$  tsp sea salt  
 $\frac{1}{2}$  tsp white pepper  
1 14-oz can red kidney beans, drained and rinsed  
1 14-oz can great northern beans, drained and rinsed  
 $1\frac{1}{2}$  cup diced zucchini  
 $1\frac{1}{2}$  cup diced green beans  
 $1\frac{1}{2}$  cup small shell or ditalini pasta  
 $2\frac{1}{2}$  cups spinach, chopped  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup chopped fresh parsley  
shredded Parmesan for garnish



### Directions:

Place tomatoes, tomato paste, sun-dried tomato pesto, vegetable stock, water, carrots, celery, onion, garlic and all seasonings in a large slow cooker. Cook for 4 hours on high or 8 hours on low.

Add kidney beans, great northern beans, zucchini, green beans and pasta and cook on high for a half hour or until pasta is fully cooked. Stir in spinach.

Serve, sprinkled with Parmesan cheese.

Enjoy with Cantiga Wineworks Herbert Vineyard Zinfandel!