

Low-carb minestrone soup recipe



INGREDIENTS:

- 1 cup dried cannellini beans
- 8 to 9 cups chicken or vegetable broth
- 3 ounces bacon
- 1/4 cup olive oil
- 1 small onion, finely diced
- 1/2 cup celery, finely sliced
- 1/2 cup carrot, diced
- 3 cloves garlic, minced
- 4 cups baby spinach or other dark leafy greens
- 1 cup fresh flat-leaf parsley, chopped
- 2 zucchinis, trimmed, diced
- 1 (15 ounce) can diced tomatoes
- Salt and pepper to taste
- Freshly grated Parmesan cheese

DIRECTION:

- Soak the beans for 8 hours or overnight in cold water. Drain and rinse, then transfer to a stockpot.
- Add 4 cups of broth and bring to a boil.
- Reduce the heat to medium-low, cover and simmer for 1 hour, adding more water or broth, if necessary, to keep the beans simmering. (Be sure you have enough to add 4 cups of broth in Step 3.)
- Meanwhile, in a second stockpot over medium-high heat, cook the bacon until crisp. Remove it from pot and place it on paper towels to drain. Heat the olive oil and add onion, celery and carrot. Cook, stirring often, until the vegetables are softened, about 5 minutes. Add garlic and cook, stirring, for 1 to 2 minutes.
- Add zucchini, tomatoes, spinach, parsley and remaining broth. Reduce heat to medium-low and simmer for 20 minutes. Crumble the bacon and add it to the soup towards the end of the 20 minutes.
- Meanwhile, puree half of the cooked beans in a blender or food processor. Add it to the soup along with the remaining beans. Continue to simmer it for 5 minutes. Season with salt and pepper. Serve hot garnished with freshly grated Parmesan cheese.

