



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Loma Linda Minestrone

Yields: 10 servings

Per serving: 176 calories, 3 g fat, 526 mg sodium, 6 g fiber, 7 g protein

Ingredients

- 2 tbsp. olive oil
- 1/2 medium red onion (chopped) - 2 cups frozen mixed vegetables (peas/carrots/corn)
- 4 cups vegetable broth
- 3/4 cup shell pasta
- 2, 15 oz. cans beans, rinsed and drained (1 can garbanzo, 1 can cannellini or other)
- 1 tsp. dried basil
- 1, 15 oz. can diced tomatoes (undrained)
- 1 tbsp. fresh thyme

Directions

1. Heat the olive oil over medium heat in a large soup pot. Add the onion and sauté until onion is translucent (5-10 minutes). Add broth, beans, tomatoes, vegetables, shell pasta, basil and thyme. Bring soup to a boil, then cover and reduce heat to a simmer for about 20 minutes, until pasta is tender. Enjoy!