

Minestrone Sebze Çorbası

Hearty Italian Minestrone soup packed with vegetables, beans, and pasta. Perfect vegan comfort food ready in 45 minutes. Classic recipe with tips!

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

6

PORSİYON

Easy

ZORLUK

Minestrone Sebze Çorbası

Malzemeler

- 4 tbsp olive oil
- 4 cup vegetable broth
- 1 onion
- 1 cup pasta
- 2 clove garlic
- 2 carrot
- 800 g tomato
- 2 cup water
- 3 tbsp tomato paste
- 2 celery stick
- 2 cup green bean
- 2 tbsp Worcestershire sauce
- 1 tsp sea salt
- 1 tsp black pepper

Yapılışı

- Prepare the vegetables**

Dice 1 onion into small pieces. Mince 2 cloves of garlic. Dice 2 carrots and 2 celery stalks into small, uniform pieces.
- Cook the base vegetables**

Heat 4 tablespoons of olive oil in a large soup pot over medium heat. Add the diced onion and cook until soft and translucent, about 4-5 minutes. Add the minced garlic and cook for another 30 seconds until fragrant.
- Add the diced carrots and celery to the pot.** Cook, stirring occasionally, until the vegetables begin to soften, about 6-8 minutes.
- Add tomatoes and seasonings**

Stir in 3 tablespoons of tomato paste and cook for 1 minute until it darkens slightly. Add 800g of canned diced tomatoes, 1 teaspoon of dried oregano, and 1 teaspoon of dried basil. Stir to combine.
- Add liquid and simmer**

Pour in 4 cups of vegetable broth. Bring the mixture to a boil over medium-high heat, then reduce heat to low and simmer for 15 minutes

until the vegetables are tender.

6 Cook the pasta separately

Meanwhile, bring a separate pot of salted water to boil. Add 1 cup of small pasta (such as ditalini or small shells) and cook according to package directions until al dente, about 8-10 minutes. Drain and set aside.

7 Add beans and pasta

Drain and rinse 2 cups of canned white beans or kidney beans. Add the beans to the soup and simmer for 5 minutes to heat through. Stir in the cooked pasta.

8 Season and serve

Season with salt and black pepper to taste. Simmer for 2-3 more minutes to meld the flavors. Serve hot, drizzled with 2 tablespoons of extra olive oil if desired.

?puçlar?

Use seasonal vegetables for the best flavor and nutritional value. In spring, try fresh peas and asparagus; in fall, add butternut squash or sweet potatoes.

Don't rush the soffritto - cooking the onions, carrots, and celery slowly until fragrant creates the flavor foundation for the entire soup.

Add pasta during the last 10-15 minutes of cooking to prevent it from becoming mushy. If making ahead, cook pasta separately and add when reheating.

For richer flavor, sauté the tomato paste for 1-2 minutes before adding liquid ingredients. This concentrates the tomato flavor and removes any metallic taste.

Rinse canned beans thoroughly before adding to remove excess sodium and the starchy liquid that can make the soup cloudy.

Layer your herbs - add dried herbs early in cooking, but save fresh herbs for the last few minutes to preserve their bright flavor and color.

Taste and adjust seasoning at the end of cooking. The soup should be well-seasoned but not overpowering, allowing the vegetable flavors to shine through.

For deeper flavor, use a combination of vegetable broth and water rather than just water. Homemade vegetable stock works best if you have it available.