



## Beef and Bean Minestrone

6 servings

1 hour 15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 stalks Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 4 cups Beef Broth
- 3 1/2 cups Diced Tomatoes (from the can)
- 2 cups Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 cups Baby Spinach

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 236    |
| Fat                | 7g     |
| Carbs              | 27g    |
| Fiber              | 7g     |
| Sugar              | 9g     |
| Protein            | 17g    |
| Cholesterol        | 25mg   |
| Sodium             | 815mg  |
| Vitamin A          | 5211IU |
| Vitamin C          | 30mg   |

### Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

### Notes

Leftovers, Keeps well in the fridge up to 3 days. Store in the freezer for longer.

**No Ground Beef**, Use ground turkey or ground chicken instead.

**More Carbs**, Stir in cooked pasta or noodles before serving.

**Likes it Cheesy**, Sprinkle with parmesan or nutritional yeast.

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|---------|------|
| Calcium | 96mg |
| Iron    | 4mg  |