

Sausage and Cannellini Bean Minestrone

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Ingredients:

- 1 pound of sweet Italian sausage (ground beef, chicken or turkey works well or you can use sausages)
- olive oil for cooking
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks of celery, chopped
- 3 cloves of garlic, minced
- 1 dried bay leaf
- 1 tablespoon of tomato paste
- 1 (28 ounce) can of diced tomatoes
- 1 (15 ounce) can of cannellini beans, drained and rinsed
- 1 (32 ounce) can/box of beef broth
- 2 zucchinis, chopped
- salt and pepper to season
- parmesan cheese, shaved for garnish (optional)
- fresh Italian parsley, finely chopped

Preparation:

In a Dutch oven over medium heat add sausage and olive oil. Break up sausages with the back of a wooden spoon. Cook until most of it are browned. Stir in onions, carrots, celery and garlic. Cook until vegetables are soft, about 5-7 minutes. Season with salt and pepper. Then add bay leaf and tomato paste, mix to combine. Then add in diced tomatoes, cannellini beans, beef broth and zucchinis. Bring mixture to a boil. Cover and reduce the heat. Simmer soup for 20-30 minutes or until zucchinis are cooked through. Discard bay leaf and check for seasoning. Ladle soup into a bowl, garnish with parmesan and parsley.

Adapted from Giada De Laurentiis