Beef and Bean Minestone

15 ingredients · 1 hour 15 minutes · 6 servings

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 Cheesey
Sprinkle with parmesan or nutritional yeast.

Ingredients

1 tbsp Extra Virgin Olive Oil

1/2 lb 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