

Easy Minestrone Soup with Beets

Ingredients

- Olive oil, for cooking
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 tsp. dried parsley
- 1 tsp. dried basil
- 1 tsp. dried thyme
- ¼ tsp. dried oregano
- ¼ tsp. dried rosemary
- 8 oz. dried beans (I used [Rio Zape](#) beans, but pinto or other red beans would work fine).
- One large beet, diced
- 26 oz. can diced tomatoes
- 8 oz. fusilli pasta
- Salt and pepper, to taste
- Fresh parsley, chopped

Steps

1. Heat olive oil in a large pot. Add garlic and sauté for a minute before adding your onion. Sauté for another minute or two, before adding the dried herbs. Next add your beans, stirring so they're coated in the oil. Add the beets and can of tomatoes to the pot. Once the can is empty, use it to measure out one or two can's worth of water and add it to the pot.

2. Bring the soup to a boil before reducing to a simmer. Let it continue to simmer until your beans are cooked- this could be 30 minutes to a couple hours, depending on your beans.

3. Once your beans are cooked (or slightly undercooked), throw in the pasta. Cook for another 8-10 minutes, or until it is just soft enough. Add salt and pepper to taste, and finish with fresh parsley.

