

## Rosemary Minestrone Soup from *Katie's Healing Kitchen*

This soup is an easy, no-fuss meal that truly warms you from the inside. With a festive aroma and colorful appeal, ingredients are easily modified to suit your preferences. There's fiber from the beans, vitamins A, C, and K from the kale, and memory-boosting properties from the rosemary. Plus, it just soothes the soul!

### Ingredients

Makes 4 servings.

- 2 tablespoons olive oil
- 1 medium yellow onion, small dice
- 6 garlic cloves, minced
- 1 (13.5 oz) can fire-roasted (or regular) diced tomatoes
- 1 (15 oz) can white beans (chickpeas, Great Northern beans, etc.) drained and rinsed
- 6 cups veggie broth
- 4 sprigs fresh rosemary
- 1 cup uncooked shaped pasta of choice, such as penne or macaroni
- ½ bunch kale, cleaned, de-stemmed and finely chopped
- Salt, pepper, red pepper flakes, to taste

### Directions

1. Use this space to write out the recipe directions.
2. Heat a large pot over medium-low heat. Pour in enough olive oil to cover the bottom of the pan. Once oil is hot, add onion, garlic, and a pinch of red pepper flakes. Cook until fragrant and translucent, about 10 minutes.
3. Deglaze the pan with fire-roasted tomatoes (juice and all). Add beans and vegetable broth. In the center of the pot, stick the rosemary sprigs. Bring to a simmer. Once simmering, reduce the heat and cook, partially covered, for 20 minutes.
4. Meanwhile, bring a pot of water to a boil. Add pasta and cook until al dente.
5. Add kale to soup and cook until just wilted.
6. Remove rosemary sprigs, add drained pasta, and season to taste.

