



Crock Pot Minestrone Soup

This soup could not be easier to make. Starting off with our Garlic Olive Oil to sauté' the vegetables. Hope you enjoy it as much as I did! Pair with a grilled cheese sandwich or crusty Italian bread...YUM!

Ingredients:

- 3 thick slices Pancetta (diced and optional)
- 3 Tbsp. Garlic Olive Oil
- 1 can Crushed Tomatoes (I used La Fede 28 oz can)
- 4 Carrots, Peeled & Chopped
- 4 Celery, chopped
- 1 Onion, Chopped (I pulse mine in the food processor)
- 1 tsp. Thyme
- 1 tsp. Oregano
- A pinch Red pepper flakes (optional) (I like a little heat)
- 1 tsp. Salt
- ½ tsp. Pepper
- 2 Bay Leaves
- 4 Cups Vegetable Stock (low sodium)
- 2 Cups Water
- 1.5 Cups Zucchini
- 1 cup Ditalini pasta or any small pasta
- 1 can Red Kidney Beans
- 1 can Cannellini Beans
- 1 bag Fresh Baby Spinach

Directions:

1. In a skillet cook the diced pancetta. Put on a paper towel to drain.
2. Heat Garlic Olive Oil, sauté' the onion for about 10 minutes, then add the carrots, potatoes, celery, thyme, oregano, red pepper flakes, salt, and pepper to the skillet and stir altogether. Place the sautéed vegetables and pancetta in the bottom of the crock pot.
3. Add in vegetable stock, water, and bay leaves. Cover and cook on low heat 6-8 hours or high 3-4 hours.
4. After cooking time is up, add in zucchini, spinach and pasta , (and beans if using them) and cook on low heat for an additional 30 minutes until pasta is tender