

Copycat Olive Garden Minestrone Soup by Todd Wilbur

Recipe #77585

It's finally here! What everyone's been waiting for! Just in time for winter, this soup is sure to warm your soul with it's savory flavor and wonderful aroma. I've asked many an Olive Garden waiter for this recipe, but none gave it to me in detail. One waiter told me the secret ingredient was to add a little red wine to the stock, but I'll leave that up to you to try.

by *~Suzy~*

45 min |

SERVES 8

3 tablespoons olive oil
 1 cup minced white onion (about 1 small onion)
 1/2 cup chopped zucchini
 1/2 cup frozen cut italian green beans
 1/4 cup minced celery (about 1/2 stalk)
 4 teaspoons minced garlic (about 4 cloves)
 4 cups vegetable broth (Swanson is good *note: Do not use chicken broth!*)
 2 (15 ounce) cans red kidney beans, drained
 2 (15 ounce) cans small white beans or great northern beans, drained
 1 (14 ounce) can diced tomatoes
 1/2 cup carrot, julienned or shredded
 2 tablespoons minced fresh parsley
 1 1/2 teaspoons dried oregano
 1 1/2 teaspoons salt
 1/2 teaspoon ground black pepper
 1/2 teaspoon dried basil
 1/4 teaspoon dried thyme
 3 cups hot water
 4 cups fresh baby spinach
 1/2 cup small shell pasta

1. Heat three tablespoons of olive oil over medium heat in a large soup pot.
2. Saute onion, celery, garlic, green beans, and zucchini in the oil for 5 minutes or until onions begin to turn translucent.
3. Add vegetable broth to pot, plus drained tomatoes, beans, carrot, hot water, and spices.
4. Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.

Nutrition Facts

Serving Size 1 (319g)

Recipe makes 8 servings

The following items or measurements are not included below:

vegetable broth

30 ounces red kidney beans

Calories 360

Calories from Fat 56 (15%)

| Amount Per Serving | %DV |
|---------------------------------|------------|
| Total Fat 6.2g | 9% |
| Saturated Fat 0.9g | 4% |
| Monounsaturated Fat 3.8g | |
| Polyunsaturated Fat 1.1g | |
| Trans Fat 0.0g | |
| Cholesterol 0mg | 0% |
| Sodium 575mg | 23% |
| Potassium 1240mg | 35% |
| Total Carbohydrate 59.9g | 19% |
| Dietary Fiber 15.2g | 60% |
| Sugars 3.8g | |
| Protein 19.2g | 38% |
| Vitamin A 2822mcg | 56% |
| Vitamin B6 0.4mg | 19% |
| Vitamin B12 0.0mcg | 0% |
| Vitamin C 18mg | 31% |
| Vitamin E 1mcg | 3% |
| Calcium 159mg | 15% |
| Iron 7mg | 42% |

[detailed view...](#)

[how is this calculated?](#)

5. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.
6. Makes about eight 1 1/2 cup servings.

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Recipe Notes & Rating: 5 stars 4 stars 3 stars 2 stars 1 star