

EVERYTHING HERBAL

by Cheryl Jabz

Cheryl's Herbal Minestrone

Rustic Recipe

A hearty vegetable soup filled with beans, pasta, herbs, and comforting homemade flavor.



1 INGREDIENTS

- 2 tbsp olive oil
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 zucchini, chopped
- 1 cup green beans, cut in pieces
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) cannellini beans, drained
- 6 cups vegetable broth
- 1 cup small pasta
- 2 cups spinach or kale

2 HERBS & SEASONING

- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1/2 tsp thyme
- 1/2 tsp rosemary, crushed
- 1 bay leaf
- Salt and black pepper to taste
- Optional: pinch of red pepper flakes

3 INSTRUCTIONS

1. Heat olive oil in a large pot. Add onion, carrots, celery, and garlic. Sauté until softened.
2. Stir in zucchini, green beans, tomatoes, broth, beans, and all herbs and seasonings.
3. Bring to a boil, then reduce heat and simmer for 15–20 minutes.
4. Add pasta and cook until tender.
5. Stir in spinach or kale and cook 2–3 minutes until wilted.
6. Remove bay leaf, taste, and adjust seasoning. Serve warm.

4 OPTIONAL TOPPINGS

- Grated parmesan
- Fresh parsley or basil
- Extra cracked pepper
- Crusty bread on the side

5 HERBAL TIP

Add fresh basil or parsley just before serving for the brightest garden-fresh flavor.



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