



Hearty Minestrone Soup Recipe for Cold Days

The Best Kind of Kitchen Hug

There is nothing like a pot of minestrone on a cold day. It warms you up from the inside out. It feels like a big, cozy hug. My kitchen window always gets a little steamy when I make it.

I love the smell of onions and carrots cooking in butter. It makes my whole house smell like a happy home. Doesn't that smell amazing? It tells everyone that a good meal is coming.

A Little Story About My Grandson

My grandson used to pick the vegetables out of his soup. He did not like

the “green bits.” One day, I let him add the spinach himself. He was so proud, he ate every single leaf.

I still laugh at that. It taught me a little lesson. When you help make the food, you love to eat it. That is why cooking together matters so much.

Why This Soup is So Good For You

This soup is full of good things from the earth. The carrots help your eyes see well. The beans and spinach make your muscles strong.

Eating a rainbow of colors keeps your body happy. This soup has so many colors in one bowl. What is your favorite colorful vegetable to add to soup?

Let's Talk About the Pasta

The little pasta in this soup is called ditalini. That means “small thimbles” in Italian. Fun fact: The shape is perfect for holding a tiny bit of broth in every bite.

You can use any small pasta you have. Shells or elbows work just fine. Cooking is about using what you have. It does not have to be perfect.

The Secret is in the Simmering

Do not rush your soup. Let it bubble gently on the stove. This is when all the flavors decide to become friends.

This waiting time matters. It makes the broth rich and deep. It turns simple ingredients into something special. What is your favorite smell from a cooking soup?

Make It Your Own

The best part of this recipe is you can change it. Do you have a different bean? Use it. No zucchini? Try green beans. This soup is very forgiving.

Cooking should be fun, not scary. It is your creation. Tell me, what is one ingredient you would love to add to your own minestrone?

Ingredients:

Ingredient	Amount	Notes
Unsalted butter	2 tablespoons	
Olive oil	2 tablespoons	
Yellow onion	1 medium	diced (about 1 cup)
Carrots	2 medium	peeled, sliced into rounds (about 1 cup)
Seasonal vegetables (e.g., zucchini)	1 cup	sliced, quartered
Celery	2 ribs	trimmed, diced
Garlic	2 cloves	minced
Chicken stock	5 cups	
Russet potato	1 large	peeled, diced
Diced tomatoes	1 can (14.5 ounces) undrained	
Tomato paste	2 tablespoons	
Italian seasoning	2 teaspoons	
Kosher salt	2 teaspoons	
Ditalini noodles	1 cup	uncooked
Cannellini beans	1 can (15.5 ounces) drained and rinsed	
Fresh spinach	1 cup	
Parmesan cheese	½ cup	grated for garnish



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Ingredient	Amount	Notes
Parsley		for garnish



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A Pot Full of Cozy Memories

Hello, my dear. Come sit with me. The wind is howling outside my window. This weather calls for a big pot of soup. I am thinking of my Hearty Minestrone.

See also [Creamy Lobster Bisque Recipe](#)

This soup is like a warm hug from the inside. My own Nonna taught me this recipe. She said every good soup starts with a good soffritto. That is just a fancy word for cooking your vegetables in fat. I still laugh at that. It sounds so important.

Let's get our big, heavy pot. The one that feels solid in your hands. We will start by melting the butter and olive oil together. Doesn't that smell amazing? It makes the kitchen feel like a home right away.

Step 1: Put your butter and oil in the pot. Let them get warm and friendly. Now, add your onion, carrots, zucchini, and celery. We call this the soup choir. They all sing together. Stir them now and then until they get soft. Add the garlic last so it doesn't get bitter. (A hard-learned tip: Don't walk away from your onions! They can burn so fast.)

Step 2: Now, pour in the chicken stock. It will sizzle and steam. That is a happy sound. Add the potato, diced tomatoes, tomato paste, and all the seasonings. The Italian seasoning makes the whole house smell wonderful. It reminds me of my garden in summer.

Step 3: Bring your soup to a low boil. Then, turn the heat down. Put the lid on tight. Let it take a little nap for 15 minutes. This is when the flavors become best friends. Can you guess which vegetable gets the

softest first? Share below!

Step 4: Time to wake the soup up! Stir in the dry noodles, beans, and spinach. The spinach will wilt down so small. It is like a little magic trick. Cover it again and let it simmer. Soon, the noodles will be perfectly tender.

Step 5: Ladle the hot soup into big bowls. Now for the best part. Sprinkle a mountain of parmesan cheese on top. Add some green parsley for a pop of color. It just makes everything prettier, don't you think?

Cook Time: 45-50 minutes

See also Hearty Italian Sausage Veggie Pasta Soup

Total Time: About 1 hour

Yield: 4-6 servings

Category: Dinner, Soup

Make It Your Own Minestrone

A recipe is just a suggestion. It is fun to change things up. Here are a few ways to play with your soup.

The Garden Swap: Use any vegetables you have. Try chopped kale instead of spinach. Or throw in some sweet corn.

The Hearty Veggie: Make it vegetarian. Just use vegetable stock instead of chicken stock. It is just as cozy and delicious.

The Little Kick: Add a pinch of red pepper flakes with the garlic. It gives

the soup a warm, tingly feeling. Perfect for a really cold night.

Which one would you try first? Comment below!

The Perfect Cozy Setup

This soup is a whole meal in a bowl. But every star needs a good supporting cast. I love to serve it with a thick, crusty slice of bread. You need it for dipping, of course. A simple green salad on the side is nice, too. It adds a fresh crunch.

Now, what to drink? For the grown-ups, a glass of red wine is lovely. It tastes like cherries and warmth. For everyone, I love fizzy apple cider. It is sweet and fun. Which would you choose tonight?



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Keeping Your Minestrone Cozy for Later

This soup is a wonderful friend to your future self. Let it cool completely before storing. It will keep in your fridge for about four days. For the freezer, use airtight containers. Leave some space at the top. The soup will expand as it freezes.

I remember my first big batch of minestrone. I filled my freezer with little jars. For weeks, a quick, warm lunch was always ready. That is why batch cooking matters. It gives you a hug on a busy day.

To reheat, just warm it in a pot on the stove. Add a splash of water or broth if it seems too thick. The noodles will have soaked up some liquid. **Have you ever tried storing it this way? Share below!**

Simple Fixes for a Perfect Pot of Soup

Sometimes, our cooking needs a little help. Do not worry. I have some easy fixes. If your soup is too watery, let it simmer without the lid. The extra liquid will cook off. This makes the flavors richer and deeper.

I once added the pasta too early. It became very soft and mushy. Now I add it right at the end. This matters because it keeps your noodles perfectly tender. If your soup tastes bland, add a pinch more salt. Salt helps all the other flavors wake up and sing.

See also [Presto Pesto Hamburger Mac](#)

Fun fact: The word “minestrone” simply means “big soup” in Italian. Another fix is for salty soup. Add a peeled, diced potato. It will soak up some of the salt as it cooks. **Which of these problems have you run**

into before?

Your Minestrone Questions, Answered

Q: Can I make this gluten-free? A: Yes! Just use your favorite gluten-free pasta. It works just as well.

Q: Can I make it ahead? A: Absolutely. Make the soup but wait to add the pasta. Cook the pasta when you reheat.

Q: What other vegetables can I use? A: Try green beans, peas, or kale. Use what you have in your fridge.

Q: Can I double the recipe? A: Of course! Use your biggest pot. This is perfect for feeding a crowd.

Q: Any optional tips? A: A sprinkle of fresh parsley on top adds a lovely, fresh taste. **Which tip will you try first?**

Share Your Soup with Me

I hope this recipe warms your kitchen and your belly. Cooking for people is an act of love. It is one of my greatest joys. I would be so happy to see your creations.

Please share a picture of your beautiful minestrone. It makes my day to see your cooking. **Have you tried this recipe? Tag us on Pinterest!** I cannot wait to see your cozy bowls of soup.

Happy cooking! —Elowen Thorn.

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Cooking Method:[Stovetop](#)

Cuisine: [Italian](#)



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Courses: [Lunch](#) [Dinner](#)

Difficulty: **Beginner**



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Prep time: **20 minutes**

Cook time: **45 minutes**

Rest time:

Total time: **1 hour 5 minutes**



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Servings: **4 servings**



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Calories: **467 kcal**

Best Season: Summer

Description

A warm and comforting Hearty Minestrone Soup, perfect for cold days.

Packed with vegetables, beans, and pasta in a flavorful broth.

Ingredients

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 medium yellow onion, diced (about 1 cup)
- 2 medium carrots, peeled, sliced into rounds (about 1 cup)
- 1 cup seasonal vegetables, (We used zucchini), sliced, quartered
- 2 ribs celery, trimmed, diced
- 2 cloves garlic, minced
- 5 cups chicken stock
- 1 large russet potato, peeled, diced
- 1 can (14.5 ounces) diced tomatoes, undrained
- 2 tablespoons tomato paste
- 2 teaspoons Italian seasoning
- 2 teaspoons kosher salt
- 1 cup ditalini noodles, uncooked
- 1 can (15.5 ounces) cannellini beans, drained and rinsed
- 1 cup fresh spinach
- ½ cup parmesan cheese, grated for garnish
- parsley, for garnish

Instructions

1. To a large, heavy-bottom pot with a tight-fitting lid, add butter and oil. Heat over medium heat until melted. Add onion, carrots, zucchini, and celery and cook, stirring occasionally, until softened (about 8-10 minutes). Add garlic and cook for one more minute.
2. Add chicken stock, potato, tomatoes, tomato paste, Italian seasoning, and salt.

3. Bring the mixture to a low bowl, and then reduce heat to low. Cover and simmer for 15 minutes.
4. Add dry pasta noodles, cannellini beans, and spinach leaves. Stir to fully combine. Cover and simmer on low for 15-20 more minutes, or until noodles are cooked through.
5. Serve topped with parmesan cheese and chopped parsley.

Notes

For a vegetarian version, substitute the chicken stock with vegetable stock.

Keywords: Minestrone, Soup, Italian, Comfort Food, Winter, Pasta