



## Hearty Minestrone Stew

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### Ingredients:

- 2 Tablespoons olive oil
- 1 onion, diced small
- 3 carrots, diced small
- 3 celery stalks, diced small
- 4 cloves garlic, minced
- 8 ounces mushrooms, diced small
- 2 bell peppers, any color, diced small
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon each oregano and basil
- ½ teaspoon red pepper flakes
- ½ bag frozen spinach (8 to 10 ounces)
- 2 - 15-ounce can white beans, drained and rinsed
- 1 - 15-ounce can diced tomatoes
- 1 - 28-ounce can crushed tomatoes
- 28 ounces water (refill can)
- ½ pound (2 cups dry) small elbow macaroni
- 2 Tablespoons apple cider vinegar

### Instructions:

1. Heat oil in a skillet over medium-high heat. Add onions, carrots, and celery and sauté for 5 minutes, until the vegetable begin to soften slightly.
2. Add the garlic and stir for about 30 seconds more.
3. Stir in the mushrooms and peppers and sauté for 5 minutes.
4. Sprinkle in the salt, pepper, basil, oregano, and red pepper flakes and stir to combine with the vegetables.
5. Add the frozen spinach and stir for 2 minutes, just until it begins to thaw.
6. Add the beans, tomatoes, water, macaroni, and apple cider vinegar. Stir to combine all of the ingredients.
7. Bring the liquid to a boil, then reduce the heat to medium-low, cover the skillet, and simmer for 10 to 12 minutes, (stirring once or twice to prevent sticking), until the pasta is cooked to desired consistency.
8. Serve while hot. Enjoy!