

**For 4 people**

**Preparation time: 5mins**

**Cooking time: 20 mins**

**Ingredients:**

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, peeled and diced
- 250gr mushrooms, roughly sliced
- 1 can cannellini beans, drained and rinsed
- 1 can diced tomatoes
- 25cl vegetable broth
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 2 cups wild or normal spinach
- Parmesan rind (if you have some saved in the fridge)
- Grated Parmesan cheese for serving (optional)
- Pesto (homemade or store-bought)

**Instructions:**

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and cook until translucent, about 3-4 minutes. Add the minced garlic and cook for another 1-2 minutes.
2. Add the diced carrots to the pot and cook for 3-4 minutes, stirring occasionally, until they begin to soften.
3. Add the sliced mushrooms to the pot and cook for an additional 3-4 minutes, until nicely browned.
4. Stir in the cannellini beans, diced tomatoes, vegetable broth and dried oregano. Season with salt and pepper to taste.
5. Bring the soup to a simmer, then reduce the heat to low and let it simmer for about 15-20 minutes, allowing the flavors to meld together.
6. Stir in the chopped fresh spinach and let it wilt into the soup, about 2-3 minutes.
7. Taste and adjust the seasoning if needed. If the soup is too thick, loosen it up with some water.
8. Serve the minestrone hot, with some grated parmesan and a generous spoon of pesto.