Ingredients

* 1 TBS olive oil
* 1 onion, chopped
* 3 carrots, chopped
* 3 cloves garlic, minced
* 2 TBS tomato paste
* 2 bunches mustard greens, stems and greens chopped
* 2 cups low-sodium vegetable broth
* 1 large can chopped tomatoes
* 2 cans white beans, rinsed
* 1 lemon, zested and juiced
* salt,and black pepper to taste
* 3-4 stalks fresh thyme
* 4 oz parmesan cheese, grated

Procedure

1. In a large pot over medium heat add the olive oil.
2. Add the chopped onion and cook for 5 minutes, until soft and translucent. Add the garlic, carrots, and mustard green stems and cook another 5 minutes.
3. Add the tomato paste, and cook together for another 2-3 minutes.
4. Add the vegetable broth, tomatoes, mustard green leaves and white beans. Simmer together for at least 10 minutes, taste, and season with salt and pepper. Don’t make it too salty!
5. In a mortar and pestle add the thyme leaves, lemon zest, and a bit of salt. Mash into a coarse paste.
6. Serve the minestrone in cups with grated parmesan cheese and lemon/thyme mixture on top, along with a squeeze of lemon juice.