

Minestrone Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable oil spray		as needed
Onion, yellow or white, small dice	¾	cup
Garlic, fresh, minced	2	Tbsp.
Basil, dried	½	tsp.
Oregano, dried	1	tsp.
Black pepper	1	tsp.
Carrots, fresh, small dice	1	cup
Celery, fresh, small dice	¾	cup
Zucchini or summer squash, fresh, small dice	2	cups
Vegetable broth, low sodium	3	cups
Tomatoes, stewed, low sodium, canned	2	cups
Cannellini beans, low sodium, canned	1	cup
Elbow pasta, small, uncooked	½	cup

Preparation

1. Spray stock pot or steam kettle with vegetable oil. Sauté onions, garlic, basil, oregano, and pepper for 5 minutes on medium heat or until onions are soft.
2. Add carrots, celery, and zucchini. Continue to cook for 5 minutes.
3. Add vegetable broth to the above mixture and bring to a fast boil. Continue to boil for 2 minutes.
4. Lower heat to medium. Add canned tomatoes, beans, and pasta. Cook until pasta is al dente, about 8-10 minutes.

Serving Information

Serve with a piece of fresh garlic toast

Nutrition Information

 *From USDA Nutrient Database

Calories: 80 Total Fat: .4g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16.1g Fiber: 3.4g Total Sugar: 4.4g Protein: 3.1g
Sodium: 101mg Vitamin A: 112µg Vitamin C: 10.1mg Calcium: 53mg Iron: 1.25mg Folate: 20µg

