

Minestrone Soup

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 2 cups chopped onion
- 5 medium cloves garlic, minced
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 1 small zucchini, diced and/or
- 1 cup diced eggplant
- 1 medium bell pepper, diced
- 1 tsp. each oregano and basil
- 3-4 cups (or more) water or low-sodium vegetable broth
- 1 14 ½ oz. can tomato puree (about 2 cups)
- 1 to 1 ½ cups cooked pea beans, chickpeas, or kidney beans
- ½ to 1 cup dry pasta (any shape)
- 1-2 medium-sized ripe tomatoes, diced
- ½ cup freshly minced parsley

Instructions:

1. Heat the olive oil in a kettle or Dutch oven.
2. Add the onion and garlic. Sauté over medium heat for about 5 minutes; then add the celery, carrot, eggplant (if using zucchini, add it later, with the bell pepper), oregano, and basil.
3. Cover and cook over very low heat about 10 minutes, stirring occasionally.
4. Add the bell pepper, zucchini, water, and tomato puree.
5. Cover and simmer about 15 minutes.
6. Add the beans and simmer another 5 minutes.
7. Bring the soup to a gentle boil. Add the pasta, stir, and cook until the pasta is tender.
8. Stir in the diced fresh tomatoes and serve topped with parsley.



Servings: 8



Nutrition Facts

8 servings per container	
Serving size	(330g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 3mg	15%
Potassium 524mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.