



Eat Well

Minestrone Soup

Try this Minestrone soup recipe. Not only will it keep you warm but every cup counts as 2 servings of vegetables!

Directions

Heat olive oil and sauté onion, celery, garlic, zucchini, green beans, and carrots for 5 minutes. Add broth, tomatoes, dried cooked beans, hot water and spices. Bring to a boil and simmer for 20 minutes. Add spinach, cook 20 minutes more.

Serving Size: 9 1 cup servings

Tips

If you wish to add pasta to your soup: Cook whole wheat pasta shells separately. Add 1/4 -1/2 cup of cooked pasta to each bowl when the soup is being dished up. This prevents the pasta from being overcooked.

One serving counts as 1 oz of protein and 2 vegetable servings. If you are using pasta, you would also count 1 grain.

Nutrition information per serving:

Calories 128, Total Fat 2 grams, Cholesterol 0 grams, Sodium 892 mg*, Total Carbohydrate 22 grams, Fiber, 6 grams, Protein 7 grams.

**Reduce the sodium content by rinsing canned beans or cooking dried beans from scratch and use low sodium broth.*

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Ingredients

- » 2 T olive oil
- » 1 sm onion
- » 1/2 cup chpd zucchini
- » 1/2 cup frozen cut green beans
- » 1/4 cup chpd celery
- » 2 cloves garlic
- » 4 cups vegetable broth
- » 1 can kidney beans (1.5 cups)
- » 1 can white beans (1.5 cups)
- » 1 can diced tomatoes
- » 1/2 cup chpd carrots
- » 2 Tbsp fresh parsley
- » 1 tsp dried oregano
- » 1 tsp salt
- » 1/2 tsp black pepper
- » 1/2 tsp basil
- » 1/2 tsp thyme
- » 1 1/2 cups hot water
- » 3 cups fresh baby spinach

