

One Pot Minestrone Soup

Yield: 8 servings
Serving size: 2 cups



Nutrition Facts	
Serving size	2 cups (537g)
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 4mg	20%
Potassium 809mg	15%

*The % Daily Value (DV) 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.

Soup is a fabulous way to incorporate a large variety of vegetables and legumes into your diet. We used olive oil—a healthy fat—to sauté the vegetables.

INGREDIENTS

- 2 TBSP olive oil
- 1 large onion, peeled and large diced
- 4 medium carrots, peeled and large diced
- 4 ribs celery, large diced
- 4 cloves garlic, large diced
- 1 can (15-ounce) navy beans, drained and rinsed
- 2 potatoes, peeled and medium diced
- 2 cups shredded cabbage (about ½ cabbage)
- 2 zucchini, sliced
- 2 cups green beans (fresh or frozen), cut into 1-inch pieces
- 3 cans (15-ounce) no salt added diced tomatoes, with liquid
- 4 cups reduced-sodium vegetable broth
- 2 cups water
- ½ teaspoon salt-free seasoning
- 1 teaspoon ground black pepper
- 1 TBSP dried basil
- 1 cup whole wheat mini shell pasta or macaroni
- Pinch of dried chile flakes (optional)

DIRECTIONS

1. Heat oil in a large stockpot over medium-high heat. Add onion, carrots, and celery. Sauté for 5 minutes.
2. Add garlic and sauté an additional minute.
3. Add navy beans, potatoes, cabbage, zucchini, tomatoes, green beans, salt-free seasoning, pepper, broth, basil, water and chile flakes (if using). Reduce heat to medium and simmer 20 minutes.
4. Stir in pasta and cook an additional 10 minutes on medium heat, stirring occasionally.
5. Add more water if necessary.

Freezes well: Make recipe but leave off pasta. Cool soup in a shallow container. Portion into freezer safe containers. Freeze. Defrost in refrigerator. Bring soup to a boil, reduce to a simmer, add dry pasta, and cook until pasta is tender, about 10 minutes.

