

Hearty Minestrone Soup

Serving size: 1 cup, Serves 4

INGREDIENTS

- 1 Tablespoon extra-virgin olive oil or other oil
- ½ cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups light chicken broth (reduced sodium and fat-free)
- 1 can (15 ounces) diced tomatoes (preferably no salt added)
- ½ cup chopped spinach or chopped eggplant
- 1 can (16 ounces) canned chickpeas or red kidney beans, drained and rinsed
- ½ cup uncooked small pasta
- 1 small zucchini or yellow squash

DIRECTIONS

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots, and sauté until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach or eggplant, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.

NUTRITION FACTS

Calories: 190, Total Fat: 4g, Cholesterol: 5mg, Protein: 9g, Sodium: 677mg, Carbohydrates: 30g, Fiber: 8g

Adapted from the Mayo Clinic