

Minestrone Soup

Yield: 8 servings (serving size: 1 1/2 cups soup and 2 tablespoons cheese)

Ingredients

- 2 teaspoons olive oil
- 1 cup chopped yellow onion
- 2 teaspoons chopped fresh oregano
- 4 garlic cloves, minced
- 3 cups chopped summer squash
- 3 cups chopped zucchini
- 1 cup chopped carrot
- 1 cup corn kernels (about 2 ears)
- 4 cups chopped tomato, divided (canned is fine)
- 3 (14-ounce) cans fat-free, less-sodium chicken broth, divided
- 1/2 cup uncooked wheat pasta (look for some sort of small tube shaped pasta)
- 1 (15.5-ounce) can beans, rinsed and drained – such as great northern or cannellini
- 1 (6-ounce) package fresh baby spinach or frozen whole leaf spinach (thawed and squeezed of excess water)
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup (4 ounces) grated Asiago cheese
- Coarsely ground black pepper (optional)

Preparation

Heat oil in a Dutch oven or some other large pot over medium-high heat.

Add onion to pan; sauté until softened, about 3 minutes - Add oregano and garlic; sauté 1 minute more

Stir in squash, zucchini, carrot, and corn; sauté until vegetables are tender and then remove from heat.

Combine 3 cups tomato and 1 can broth in a blender or food mixer and process until smooth.

Add blended tomato mixture, and remaining tomatoes and broth to the pan. Bring to a boil, then reduce heat, and simmer 20 minutes.

Add pasta and beans to pan; cook until pasta is tender, stirring occasionally. Remove from heat.

Stir in spinach, salt, and pepper.

Serve in individual bowls topped with cheese

Nutritional Information

Calories:

217 (25% from fat)

Fat:

6.1g (sat 2.7g,mono 2g,poly 0.6g)

Protein:

12.6g

Carbohydrate:

30.5g

Fiber:

7.9g

Cholesterol:

12mg

Iron:

2.7mg

Sodium:

812mg

Calcium:

206mg