

Soup

Minestrone Soup (Mayo Clinic)

Serves 4

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups fat-free, unsalted chicken broth
- 2 large tomatoes, seeded and chopped
- 1/2 cup chopped spinach
- 1 can (16 ounces) canned chickpeas or red kidney beans, drained and rinsed
- 1/2 cup uncooked small shell pasta
- 1 small zucchini, diced
- 2 tablespoons fresh basil, chopped

Directions

1. In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and saute until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, 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.
2. Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

Nutritional Analysis (per serving)

Calories 190

Protein 9g

Carbohydrate 30 g

Fiber 8g

Cholesterol 5mg

Sodium 400 Mg

Total Fat 4g

Saturated Fat 0.5g

Monounsaturated Fat 2.5 g

Potassium 682 mg

Calcium 73 mg