

## **Minestrone Soup**

Serving Size: 1 cup

Makes 16 Servings

### **Ingredients**

2 tablespoons olive oil  
1 onion, diced  
2 stalks celery, diced  
4 cloves garlic, minced  
4 cups low sodium chicken broth  
2 cups water, plus more as needed  
2 cans no added salt diced tomatoes, undrained  
1 (15 ounce) can low sodium red beans, drained  
1 (15 ounce) can low sodium garbanzo beans, drained  
2 cups chopped cabbage, or more to taste  
1 teaspoon red pepper flakes, or to taste  
2 teaspoons each diced fresh oregano, and thyme (If dry use 1 teaspoon each)  
4 teaspoons basil, diced (If dry use 2 teaspoons each)  
¼ cup chopped fresh Italian flat-leaf parsley  
Dash of salt and coarse ground black pepper  
2/3 cup ditalini pasta or any small pasta (pastina) that fits well in a spoon  
2 cups baby spinach  
¼ cup finely grated Parmigiano-Reggiano or Romano cheese

### **Directions**

Heat 2 tablespoons olive oil in large stock pot over medium-high heat. Add the onions and celery; cook and stir until onions are tender, about 3 minutes. Stir in minced garlic and sauté for another minute.

Pour the chicken broth, water, and tomatoes into the onion mixture. Bring to a simmer. Stir red beans, garbanzo beans, cabbage, red pepper flakes, fresh herbs, parsley, salt and pepper into broth mixture. Bring to a simmer and cook until the cabbage is tender, adding more water if the soup becomes too thick, about 15 minutes.

Taste and adjust the seasoning.

Stir in pasta and increase heat to medium-high and simmer until pasta is tender, about 10 minutes. Stir in the spinach until wilted.

Ladle into bowls and garnish with Parmigiano-Reggiano cheese.

### **Exchanges per serving:**

1 Lean Meat, 1 Starch

### **Nutrients per serving:**

Calories: 115 Calories from fat: 26

Total Fat: 3g

Cholesterol: 1mg

Sodium: 143mg

Total Carbohydrate: 17g

Dietary Fiber: 4g Protein: 6g