

Vegetable Minestrone Soup

Ingredients:

1 tablespoon olive oil
½ medium onion, chopped
1 medium carrot, chopped
2 stalks celery, chopped
6 oz. fresh green beans, cut in ½ inch pieces
1 zucchini
4 tomatoes, diced
2 cups of kale
2 tsp. red wine vinegar
½ tsp salt
¼ tsp. pepper
1 garlic clove or 1 Tbs. garlic paste
4 cups no salt added chicken or vegetable broth
1 (15 oz.) can low sodium cannellini beans or other white beans, drained and rinsed
4 Tsp. pesto (optional)

Directions:

Step 1

Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.

Step 2

Add white beans, kale, zucchini, tomatoes, vinegar, salt, and pepper. Increase heat and return to a simmer; cook until the zucchini and kale have softened, about 10 minutes. Top each serving with 1 teaspoon of pesto.

Nutrition Info: (for) 1 ¾ C. each

Calories: 225

Fat: 8.4g

Saturated Fat: 1.4g

Carbohydrate: 27.8g

Fiber: 7.6g

Protein: 12.7g

Sodium: 406mg

Exchanges: 2 vegetables, 1 fat, 1 Lean-Fat protein, 1 starch