

Minestrone

Serves 4

Ingredients

1 Tbsp. olive oil
1 small onion, chopped
2 medium carrots, diced
1 stalk celery, sliced
1 clove garlic, minced
1 Tbsp. herbs (basil, oregano or both)
1 can (14.5 oz.) reduced sodium chicken broth (about 2 cups)
1 can (14.5 oz.) no-salt-added diced tomatoes plus 1 can of water
1 can (19 oz.) cannellini (white kidney) or other beans, no salt added
½ cup frozen peas
1 cup cooked whole grain elbow macaroni

Directions

In a large pot, heat oil over medium-high heat. Add onions, carrots, celery, garlic and herbs. Cook, stirring, just until onions look slightly wilted.

Add broth, tomatoes, water and beans. Bring to a boil, then turn heat to low and simmer for about 10 minutes or until carrots are done.

Add frozen peas and macaroni to hot soup and serve.

Per serving: 85 calories, 7g total fat (1g saturated), 0mg cholesterol, 70mg sodium, 5g carbohydrate, 3g fiber, 1g protein

