

Making it delicious

MINISTRONE SOUP

Ingredients

- 1 Tbsp. olive oil
 - 1 cup Mirepoix*
 - 1 garlic clove, minced
 - 4 cups low sodium vegetable broth
 - 1 can (15 oz.) diced tomatoes (no-salt-added)
 - 1 can (15 oz.) low sodium kidney beans, rinsed and drained
 - 1/2 cup fresh spinach (or 1/4 cup frozen spinach)
 - 1/2 cup whole-grain short pasta, uncooked
 - 1 cup zucchini, diced
 - 2 Tbsp. fresh basil, chopped (opt.)
- *Mirepoix is diced carrots, celery and onion (1/3 cup of each)



Nutrition Facts

4 servings per container

Serving size (544g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 42g	15%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 3mg	15%
Potassium 802mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

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

SERVINGS: 4 | PREP TIME: 30 MIN