

Minestrone Soup

1 generous cup: 105 calories, 0.5g total fat (0g sat fat), 512mg sodium, 19.5g carbs, 4.5g fiber, 4g sugars, 5g protein

Ingredients:

1 14-oz. cans (3 1/2 cups) fat-free vegetable broth^{[L][SEP]}
1 cup uncooked whole-wheat-blend rotini or penne pasta
Two 14.5-oz. cans diced tomatoes, drained
One 10-oz. package frozen spinach, mostly thawed^{[L][SEP]}
1 cup frozen cut green beans^{[L][SEP]}
1 cup frozen peas and carrots
One 15-oz. can cannellini (white kidney) beans, drained
½ tbsp. onion powder^{[L][SEP]}
2 tsp. minced garlic^{[L][SEP]}
1 tsp. Italian seasoning^{[L][SEP]}
1 bay leaf^{[L][SEP]}
Salt and black pepper, to taste



Directions:

1. Combine all ingredients in a large pot on the stove. Add 1 cup water and stir it up. Cover and bring to a boil.
2. Reduce heat to low and allow soup to simmer, covered, for 10 minutes. Remove bay leaf, add salt and pepper to taste, and serve!

Makes 10 servings