

Vegetable Soup

Ingredients:

- ½ medium onion, chopped
- 1 medium carrots, chopped
- 1 stalks celery, chopped
- 6 ounces fresh or frozen green beans
- 1 clove garlic, minced
- 4 cups low-sodium broth
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 cups chopped kale
- 1 medium zucchini, chopped
- 2 Roma tomatoes, seeded and chopped
- 1 teaspoons red-wine vinegar
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 teaspoons prepared pesto

Nutrition Facts

Servings: 4

Amount per serving

Calories **199**

% Daily Value*

Total Fat 2.1g **3%**

Saturated Fat 0.4g **2%**

Cholesterol 0mg **0%**

Sodium 1276mg **55%**

Total Carbohydrate 35.6g **13%**

Dietary Fiber 11g **39%**

Total Sugars 8g

Protein 12.2g

Directions

1. Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic.
2. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.
3. Add white beans, kale, zucchini, tomatoes, vinegar, salt and pepper. Increase heat to return to a simmer; cook until the zucchini and kale have softened, about 10 minutes. Top each serving of soup with 1 teaspoon pesto.

Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

- Veggie stock
- Beef stock
- Chicken stock

Pick a protein (16 oz.):

- Beans
- Chicken
- Shredded Beef
- Shrimp
- Lentils
- Tofu
- Ham
- Shredded Turkey
- Steak

Add 3+ veggies:

- Carrots
- Celery
- Zucchini
- Onions
- Tomatoes
- Spinach
- Kale
- Broccoli
- Peppers
- Potatoes
- Mushrooms
- Corn
- Cauliflower
- Peas
- Squash

Add a whole grain (2 cups):

- Brown Rice
- Wheat Pasta
- Egg Noodles
- Quinoa
- Bulgur Wheat
- Barley

Add some flavor, to taste:

- Garlic
- Basil
- Lemon Juice
- Parsley
- Italian Seasoning
- Cilantro
- Pepper
- Chives
- Thyme

Place all ingredients in slow cooker & cook on low 8 hours.