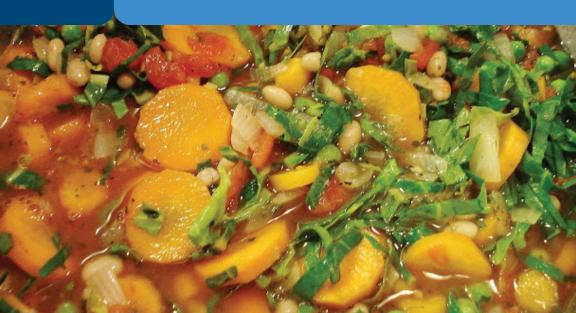


Garden Vegetable Minestrone

Serves 8



Ingredients

- 1 Tbsp. olive oil
- ½ cup celery, diced
- ½ cup onion, diced
- ½ cup carrots, diced
- 2 gloves garlic
- 1 quart vegetable broth/ stock, low sodium
- 2 cups marinara sauce
- ½ cup diced tomatoes, low sodium

- 1 cup butternut squash puree
- 2 cups chopped spinach, frozen
- 1 small zucchini, half-moon cut
- 1 cup chopped cabbage, medium dice
- 1½ cups great northern beans

- 1 cup diced white potatoes
- ½ cup elbow macaroni, uncooked
- 2 Tbsp. basil, fresh
- 1 each bay leaf, dried1 tsp. black pepper
- ½ tsp. sea salt
- 1 tsp. sugar

Directions

- 1. Heat soup pot to medium heat and add olive oil.
- Once oil is hot, add celery, onion, carrots and garlic. Cook until onions are soft and lightly caramelized. Add the remaining ingredients and bring soup to a light simmer.
- Turn heat down to low and stir. Cook uncovered for approximately 20 minutes until macaroni is cooked and potatoes are soft.
- **4.** Serve and enjoy. One serving is 6 oz.

Nutritional facts per 1 serving (6 oz.):

Calories 70, Total Fat 1.5g (2%), Saturated Fat 0g (1%), Cholesterol Omg (0%), Sodium 400mg (15%), Total Carbohydrate 13g (4%), Dietary Fiber 3g (10%), Total Sugars 2g, Protein 3g

