



Garden Vegetable Minestrone

Serves 8



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

Directions

1. Heat soup pot to medium heat and add olive oil.
2. 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.
3. 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 0mg (0%), Sodium 400mg (15%), Total Carbohydrate 13g (4%), Dietary Fiber 3g (10%), Total Sugars 2g, Protein 3g