



MINISTRONE SOUP

SERVINGS: 4

PREP TIME: 30MIN

AMOUNT	INGREDIENTS	INSTRUCTIONS
1 Tbsp	Olive oil	1. In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots (mirepoix). Sauté until softened, about 5 minutes.
1 cup	Mirepoix*	
1	Garlic clove, minced	
4 cups	Low sodium vegetable broth	
1 can (16oz)	No-salt-added diced tomatoes	2. Add 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.
1 can (16 oz)	Low sodium kidney beans, rinsed and drained	
1/2 cup	Spinach, washed (if using frozen spinach, add ¼ cup)	3. Add zucchini. Cover and cook for 5 minutes more.
1/2 cup	Uncooked whole-grain short pasta	
1 cup	Zucchini, diced	4. Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.
2 Tbsp	Chopped fresh basil (optional)	

*Mirepoix is diced carrots, celery and onion (1/3 cup of each in this recipe)

Nutrition Facts	
4 servings per container	
Serving size	(595g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 38g	14%
Dietary Fiber 11g	39%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 3mg	15%
Potassium 839mg	20%
*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.	