

Vegetarian Minestrone

This zesty vegetable soup includes beans for fiber and protein.

Ingredients

- 1 tsp. olive oil
- 3/4 cup chopped onion
- 3/4 cup diced celery
- 1/2 tsp. dried basil
- 1/8 tsp. coarsely ground pepper
- 3 cups water or low-sodium vegetable broth
- 2 cups diced zucchini
- 1 cup diced carrots
- 1/4 tsp. salt
- 1/4 tsp. dried oregano
- 1 garlic clove, minced
- 4 tsp. Parmesan cheese, grated
- 1 cup canned cannellini beans or other white beans, drained
- 1 can (14.5 oz.) diced tomatoes, not drained
- 1/4 cup uncooked ditalini (very short tubular macaroni) or elbow macaroni

Preparation

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion; sauté 4 minutes or until lightly browned.
3. Add water or broth and all vegetables, herbs and seasoning, beans and tomatoes; bring to a boil.
4. Cover, reduce heat to medium-low and cook 25 minutes.
5. Add pasta; cover and cook an additional 10 minutes.
6. Ladle into individual bowls and sprinkle with cheese.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 186

Fat 3.3g

Saturated Fat 0.5g

Cholesterol 1mg

Sodium 689mg

Carbohydrate 30g

Dietary Fiber 4.5g

Protein 9g

Find more recipes
and tips for
healthy living at
Source4Women.com