

TUSCAN MINESTRONE SOUP

Makes 6 Servings

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1 medium zucchini (about 10 ounces), cut into 1/2-inch dice (2 cups)
- 1 medium summer squash (about 10 ounces), cut into 1/2-inch dice (2 cups)
- 1 large carrot, finely diced (about 3/4 cup)
- 1 small onion, finely diced (about 3/4 cup)
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- One 32-ounce carton all-natural chicken broth
- One 15-ounce can diced tomatoes (or tomato sauce)
- One 15-ounce can cannellini beans, drained and rinsed
- 1/2 cup whole wheat blend elbow pasta
- 3 sprigs fresh thyme
- Salt and freshly ground pepper
- 1/3 cup grated Parmesan cheese
- 1/3 cup loosely packed fresh basil, cut into strips

DIRECTIONS:

1. Heat the oil in a Dutch oven over medium-high heat. Add the zucchini, summer squash, carrot, onion, garlic, and Italian seasoning and cook, stirring frequently until the vegetables start to soften, about 10 minutes.
2. Stir in the broth and diced tomatoes, cover, and bring to a boil.
3. Add the beans, pasta, and thyme and cook, uncovered, at a low boil until the pasta is done, about 10 minutes.
4. Remove the thyme sprigs, and season with salt and pepper to taste. Serve in individual bowls and top with the Parmesan cheese and basil.

NUTRITION:

190 calories, 7g fat (1g saturated), 630mg sodium, 25g carbohydrates, 6g fiber, 9g protein, 60% vitamin A, 70% vitamin C, 15% calcium

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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