

# Minestrone

Source: Recipe by Noah Kauffman

A classic soup sure to satisfy for lunch or dinner!

## About the Recipe

**203 Calories · 9 g Protein · 7 g Fiber**  
**Dinner**

## Ingredients

***Makes 4 Servings***

- 1/2 onion, chopped
- 6 c (1,420 mL) low-sodium vegetable broth, divided
- 4 cloves garlic, finely chopped
- 1 carrot, diced
- 2 sticks celery, sliced
- 2 potatoes, peeled and diced
- 1 28-oz (794-g) can low-sodium diced tomatoes
- 1 zucchini, chopped
- 2 tsp (10 mL) dried basil
- 3 tsp (15 mL) dried parsley
- 1/4 tsp (1.2 mL) iodized salt
- to taste ground black pepper (optional)
- 1 15-oz (384-g) can kidney beans, drained and rinsed
- 1 c (122 g) dry macaroni noodles
- 1/2 c (121 g) frozen lima beans
- 1 1/2 c (45 g) fresh chopped spinach, or 1/2 c (75 g) frozen chopped spinach

## Directions

1. Saute the onion in 1/4 c (60 mL) of the vegetable broth on medium-low heat for 4 minutes. Add the garlic and saute for 3 more minutes.
2. Add the carrots, celery, potatoes, tomatoes, and remaining vegetable broth. Increase the heat to medium-high to bring to a boil. Reduce the heat to medium-low and simmer, covered, for 20 minutes.
3. Then add the zucchini, basil, parsley, salt, black pepper, kidney beans, macaroni, and lima beans. Increase the heat to medium-high to bring back to a boil.
4. Boil for 1 minute, then reduce the heat to simmer on low, covered, for 8 more minutes. Add the spinach and cook for 3 more minutes.
5. Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

## Nutrition Facts

*Per serving (1/8 of recipe):*

**Calories:** 400 kcal

**Fat:** 2.8 g

**Saturated Fat:** 0.5 g

**Calories From Fat:** 6%

**Cholesterol:** 0 mg

**Protein:** 18 g

**Carbohydrates:** 66 g

**Sugar:** 11 g

**Fiber:** 14 g

**Sodium:** 575 mg

**Calcium:** 188 mg

**Iron:** 5.3 mg

**Vitamin C:** 45 mg

**Beta-Carotene:** 3022 mcg

**Vitamin E:** 1.9 mg