

## Tuscan Minestrone Soup

Makes 6 1 cup servings

Enjoy this easy to make hearty soup on a cold night!  
The vegetables, beans, and whole wheat pasta all provide fiber.



2 tablespoons olive oil or canola oil  
2 stalks celery, washed and diced  
1 large carrot, washed, peeled and diced  
1 small onion, diced (about ½ cup)  
2 cloves garlic, minced or ½ teaspoon garlic powder  
2 15 ounce cans low-sodium chicken broth  
1 15 ounce can low sodium diced tomatoes, undrained  
1 teaspoon Italian seasoning  
½ teaspoon dried thyme (optional)  
1 15 ounce cannellini or red kidney beans, drained and rinsed  
½ cup uncooked whole wheat elbow pasta or other small whole wheat pasta  
2 cups washed and chopped fresh spinach, kale, or collard greens (optional)  
Salt and pepper  
½ cup grated Parmesan cheese, (optional)

1. Heat the oil in a large saucepan over medium heat. Add the carrots, celery, and onions. Cook stirring occasionally until the vegetables start to soften, about 6-10 minutes. Add the garlic and cook 1 minute longer.
3. Stir in the broth, tomatoes, and dried seasonings. Bring to a boil, then reduce the heat.
4. Add the beans, pasta and greens. Cook uncovered at a low boil until the pasta is done, and the greens are tender, about 10 -15 minutes.
5. Season with salt and pepper to taste. Serve in individual bowls and top with the cheese.

Recipe adapted from [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)

### Tips:

- If you don't have Italian seasoning, substitute dried basil, oregano, or a combination of them.
- If you don't have fresh greens, you can add frozen spinach or kale instead.
- If you are using leftover pasta, add it to the soup after you add the beans and cook the greens.

*What is the difference between boiling and simmering?* **Simmering** means that the liquid will have small gentle bubbles and is done using a lower temperature. **Boiling** uses a higher temperature, with lots of big bubbles over the surface of the pot.