



Mmm-Mmm Minestrone



1/10th of recipe, 1 generous cup: 105 calories, 0.5g total fat (0g sat. fat), 512mg sodium, 19.5g carbs, 4.5g fiber, 4g sugars, 5g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

- Two 14-oz. cans (3 1/2 cups) fat-free vegetable broth
- Two 14.5-oz. cans diced tomatoes, drained
- One 15-oz. can cannellini (white kidney) beans, drained and rinsed
- One 10-oz. package frozen spinach, mostly thawed
- 1 cup frozen cut green beans
- 1 cup frozen peas and carrots
- 1 cup uncooked whole-wheat-blend rotini or penne pasta
- 1 tbsp. dried minced onion
- 2 tsp. chopped garlic
- 1 tsp. Italian seasoning
- 1 bay leaf
- Salt and black pepper, to taste

Directions

Combine all ingredients in a large pot on the stove. Add 1 cup water and stir it up. Cover and bring to a boil.

Reduce heat to low and allow soup to simmer, covered, for 10 minutes. Remove bay leaf, add salt and pepper to taste, and serve!

MAKES 10 SERVINGS

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