

Very Quick Minestrone Soup

1 cup carrots, thinly sliced
1/2 cup celery, diced
1/2 cup onion, chopped
1 small zucchini, sliced
one large can (28 ounces) of low sodium chicken broth
1 can light kidney beans (15 ounces), rinsed and drained
1-2 cans of stewed tomatoes
1 cup medium pasta shells, uncooked
1 cup frozen peas or Italian-style beans
1 teaspoon dried oregano
1 teaspoon dried basil leaves
Parmesan cheese to top soup (optional)

Toss all ingredients into a stockpot. Bring to a boil and simmer until all the vegetables are tender. Sprinkle each serving with parmesan cheese if desired.

This recipe is quick and nutritious. Each 1.5 cup serving of soup provides 2-3 servings of vegetables and yields about 200 calories.

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