Minestrone

Source: Recipe by Noah Kauffman

About the Recipe

203 Calories · 9 g Protein · 7 g Fiber
Dinner

Ingredients

Makes 4 Servings

- onion, chopped (1/2)
- low-sodium vegetable broth, divided (6 cups)
- garlic, finely chopped (4 cloves)
- carrots, diced (1 cup)
- celery, sliced (2 stalks)
- potatoes, peeled and diced (2)
- diced tomatoes (1 28-ounce can)
- zucchini, chopped (1)
- dried basil (2 teaspoons)
- dried parsley (1 tablespoon)
- sea salt (1/4 teaspoon)
- black pepper (to taste)
- kidney beans, drained and rinsed (1 15-ounce can)
- dry macaroni noodles (1 cup)
- frozen lima beans (1/2 cup)
- fresh chopped spinach, or 1/2 cup frozen chopped spinach (1 1/2 cups)

Directions

1. Sauté the onion in 1/4 cup of the vegetable broth on medium-low heat for 4 minutes. Add the garlic and sauté 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, sea 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.

**Nutrition Facts**

*Per serving (1/8 of recipe)*

**Calories:** 203  
**Protein:** 9 g  
**Carbohydrates:** 41 g  
**Sugar:** 7 g  
**Fat:** 1 g  
  
  **Calories from Fat:** 6%  
**Fiber:** 7 g  
**Sodium:** 396 mg