

Ingredients

2 Tbsp olive oil	1 tsp salt
1/2 onion, chopped	1/2 tsp ground black pepper
2 cloves garlic, minced	4 cups low sodium vegetable broth
1/2 cup celery, chopped (1 stalk)	1 can diced tomatoes (14 oz)
1/2 cup carrots, shredded	1 can red kidney beans, rinsed and drained (15 oz)
1/2 cup Italian frozen cut green beans	1 small white beans or great northern beans, rinsed and drained (15 oz)
1 zucchini, chopped	3 cups fresh baby spinach
1 tsp dried oregano	1/2 cup small shell pasta
1 tsp dried basil	

Nutrition Information Per Serving

Calories: 190
Fat: 4 gm
Sodium: 540 mg
Fiber: 9 gm
Carbohydrates: 30.4 gm
Protein: 8.9 gm

Instructions

Instructions: Heat 2 tablespoons of olive oil over medium heat in a large soup pot. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook 30 seconds. Add the celery and carrots and cook until they begin to soften, about 5 minutes. Stir in the green beans, zucchini, oregano, basil, salt and pepper; cook 3 more minutes. Add vegetable broth along with diced tomatoes and beans. Bring soup to a boil, then reduce heat and allow to simmer for 10 minutes. Add spinach leaves and pasta and cook for an additional 10 minutes or until desired consistency.