



Vegetable Pasta Soup

Servings 8 | Prep time 20 mins. | Total time 45 mins.

Equipment: Large sauce pan

Utensils: Knife, Mixing spoon

Ingredients

1 tablespoon olive or vegetable oil
2 carrots, chopped
1 large onion, diced
1 zucchini, chopped
1 14.5 ounce can no salt added diced tomatoes with green chilis, with liquid
2 14.5 ounce cans low sodium vegetable or chicken broth
4 cups water
1/4 teaspoon salt
1 tablespoon Italian seasoning or dried basil
2 cups small whole wheat pasta, shell or macaroni
6 cups fresh spinach leaves (about 1/2 pound)

Instructions

1. Before you begin wash your hands, surfaces, utensils, vegetables and tops of cans.
2. Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook until the vegetables are softened, about 3 minutes, stirring often.
3. Stir in zucchini and canned tomatoes. Cook 3-4 minutes.
4. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
5. Stir in pasta and spinach. Return to a boil.
6. Cook until the pasta is tender, about 8 minutes.

Nutritional Information:

Calories 180
Total Fat 3g
Sodium 420mg
Total Carbs 35g
Protein 7g