



Vegetable Pasta Soup

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

Equipment:

Large sauce pan

Utensils:

Knife

Mixing spoon

Ingredients

1 tablespoon oil, vegetable or canola

2 carrots, chopped

1 large onion, diced

1 zucchini, chopped

1 14 1/2 ounce can diced tomatoes with green chilies

2 14 1/2 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 and vegetables.
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 using the time on the package for a guide.

Nutritional Information:

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