



Vegetable Pasta Soup

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

Equipment:

Large pot

Utensils:

Mixing spoon

Measuring cups and spoons

Ingredients

1 tablespoon olive oil 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 chilies with liquid

2 14.5 ounce cans reduced sodium (vegetable or chicken) broth

4 cups water

1/4 teaspoon salt

1 tablespoon Italian seasoning OR [Celebrate](#)

[Your Plate Italian Seasoning](#)

2 cups uncooked small whole grain pasta

6 cups fresh spinach (about 1/2 pound)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Heat the oil in a large pot over medium heat until hot. Add onions and carrots. Cook until the produce is 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 the 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