



# Minestrone Soup

**Yield: 4 servings**

## Ingredients

2 cups chopped onion

1 cup diced carrot

1 cup diced celery

6 cups vegetable broth,  
low sodium

28 ounces canned, diced  
tomatoes with liquid

2 cups chopped yellow squash

1 cup green beans, chopped

¼ cup tomato paste

1 tablespoon nutritional yeast

1 tablespoon minced garlic clove

½ teaspoon dried oregano

½ teaspoon dried thyme

2 bay leaves

⅓ teaspoon red pepper flakes

1 cup whole-grain elbow  
pasta, uncooked

15 ounces canned cannellini  
beans, drained and rinsed

2 cups chopped spinach

1 tablespoon lemon juice

## Instructions

1. In a large sauce pan, over medium heat, heat 3 tablespoons of water and then add the onions, carrot and celery. Sauté until onions start to soften.
2. Add to the sauce pan: broth, tomatoes and their liquid, squash, green beans, tomato paste, nutritional yeast, garlic, oregano, thyme, bay leaves and red pepper flakes. Bring soup to a simmer and cook for about 7 minutes.
3. Add pasta, beans and cook for about 7 to 10 minutes, until pasta is tender but still slightly firm to the bite (al dente).
4. Stir in spinach and lemon juice.

## Nutrition Information

**Serving Size:** ½ cup

Calories: 60

Total Fat: 0 g

Saturated Fat: 0 g

Monounsaturated Fat: 0 g

Sodium: 0 g

Total Carbohydrate: 15.0 g

Dietary Fiber: 3.0 g

Sugars: 11.0 g

Protein: 1.0 g

Source: Goldring Center for Culinary Medicine

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## Culinary Medicine

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