



MINESTRONE SOUP

SERVES: 8 (approx. 1 cup each) **Prep Time: 15 min.** **Cooking Time: 23 min.**

CONTAINER EQUIVALENTS (per serving): 1½ ½ ½

2 tsp. olive oil
½ cup finely chopped onion (approx. ½ medium)
1 cup chopped carrots (approx. 2 medium)
1 cup chopped celery (approx. 2 medium stalks)
1 clove garlic, finely chopped
6 cups low-sodium organic vegetable broth
1 (28-oz.) can whole peeled tomatoes, crushed (preferably San Marzano)
1 lb. Swiss chard, stems trimmed, leaves chopped
1 (15-oz.) can cannellini beans, drained, rinsed
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
8 tsp. grated Parmesan cheese
8 tsp. chopped fresh flat leaf (Italian) parsley

1. Heat oil in large saucepan over medium heat.
2. Add onion, carrots, and celery; cook, stirring frequently, for about 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add broth and tomatoes. Bring to a boil.
5. Add chard; gently boil, stirring occasionally, for 6 minutes.
6. Add beans; cook, stirring occasionally, for 2 minutes. Season with salt and pepper.
7. Evenly divide soup into eight serving bowls. Serve immediately sprinkled with 1 tsp. cheese and 1 tsp. parsley each.

NUTRITIONAL INFORMATION (per serving): **Calories: 128** **Total Fat: 2 g** **Saturated Fat: 1 g** **Cholesterol: 2 mg** **Sodium: 444 mg** **Carbohydrates: 20 g** **Fiber: 6 g** **Sugars: 7 g** **Protein: 6 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.