



Minestrone with Sun-Dried Tomatoes and White Beans

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It's hard to believe this hearty soup is nearly all vegetables. Our minestrone (minus the pasta) is rich in dietary fiber and complex carbohydrates that help balance blood sugar levels and reduce cholesterol.



Ingredient List

Serves 8

- 1 Tbs. olive oil
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1 medium onion, diced (1 1/2 cups)
- 1 large or 2 medium carrots, sliced into rounds (1 cup)
- 3 stalks celery, sliced (1 cup)
- 6 cloves garlic, minced (2 Tbs.)
- 1/2 cup sliced sun-dried tomatoes
- 1 15-oz. can white beans, rinsed and drained
- 1 cup fresh or frozen peas or green beans, cut into 1-inch lengths
- 2 Tbs. white wine vinegar

Directions

1. Heat oil in 3-qt. saucepan over medium heat. Add oregano and basil, and stir 30 seconds. Add onion, carrots, celery, and garlic. Cover, and cook 5 minutes, or until onion is translucent.
2. Add sun-dried tomatoes, and cook 5 minutes more. Add white beans and 4 cups water, and season with salt and pepper, if desired. Bring soup to a boil, reduce heat to medium-low, and simmer 10 minutes. Add peas, and simmer 3 to 5 minutes more. Stir in vinegar, and season with salt and pepper, if desired.

Nutritional Information

Per 1-cup serving: Calories: 113, Protein: 5g, Total fat: 2g, Saturated fat: 1g, Carbs: 19g, Cholesterol: mg, Sodium: 359mg, Fiber: 4g, Sugars: 4g

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