

## Spicy Vegetable Soup

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

### Ingredients

- 2 tablespoon oil, olive, extra virgin
- 1 large onion(s)
- 2 teaspoon paprika, hot
- 28 ounce(s) broth, vegetable
- 4 medium tomato(es), plum
- 1 medium squash, summer (yellow)
- 2 cup(s) potato(es)
- 1 1/2 cup(s) beans, green
- 2 cup(s) spinach, frozen
- 2 tablespoon vinegar, sherry
- 1/4 cup(s) basil, fresh

### Preparation

1. Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes.
2. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil.
3. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes.
4. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more.
5. Ladle soup into bowls and top with fresh basil or a dollop of pesto.



#### Quick Info:

**4** Servings

#### Nutritional Info (Per serving):

Calories: 253, Saturated Fat: 1g, Sodium: 485mg, Dietary Fiber: 10g, Total Fat: 8g, Carbs: 40g, Cholesterol: 0mg, Protein: 9g

Carb Choices: 2

Recipe Source:

**EatingWell.com**



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