

Minestrone Soup

¼ C	olive oil
1 clove	garlic, minced (or 1/8 tsp powder)
1 1/3 C	onion, coarsely chopped
1 ½ C	celery with leaves, coarsely chopped
1 can	(6 oz) tomato paste
1 Tbsp	fresh parsley, chopped
1 C	carrots, sliced, fresh or frozen
4 ¾ C	cabbage, shredded
1 can	(1 lb) tomatoes, cut up
1 C	canned red kidney beans, drained, rinsed
1 ½ C	frozen peas
1 ½ C	fresh green beans
dash	hot sauce
11 C	water
2 C	spaghetti, uncooked, broken

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes.
2. Add all remaining ingredients except spaghetti. Stir until ingredients are well mixed.
3. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender.
4. Add uncooked spaghetti and simmer for only 2-3 minutes.

This cholesterol-free version of the classic Italian soup is brimming with fiber-rich beans, peas, and carrots.

Yield: 16 servings

Serving Size: 1 cup

Each serving provides:

Calories: 112

Total fat: 4 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 202 mg

Total fiber: 4 g

Protein: 4 g

Carbohydrates: 17 g

Potassium: 393 mg