

# Minestrone

*Makes about 2 1/2 quarts*

This is a good, basic vegetable soup. You can enhance it with additional vegetables of your choosing. Add fresh-baked bread or muffins and a salad for a satisfying meal.



- 1 small onion, chopped
- 4 garlic cloves, minced
- 1 carrot, cut into chunks
- 1 celery stalk, sliced including top
- 1 potato, scrubbed and cut into chunks
- 2 tablespoons chopped parsley
- 2 cups tomato juice
- 2 cups water or vegetable broth
- 1 teaspoon mixed Italian herbs
- 1/4 teaspoon black pepper
- 1 small zucchini, diced
- 1/4 cup pasta shells
- 1 15-ounce can kidney beans, drained
- 1 cup finely chopped kale, collard greens, or spinach
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil

Combine onion, garlic, carrot, celery, potato, and parsley in a large pot. Add tomato juice, water or broth, Italian herbs, and black pepper. Bring to a simmer, then cover and cook 20 minutes.

Add zucchini, pasta, kidney beans, chopped greens, and basil. Cover and simmer until pasta is tender, about 20 minutes. Add extra tomato juice or water for a thinner soup.

Per 1-cup serving: 91 calories; 4 g protein; 19 g carbohydrate; 0.3 g fat; 4 g fiber; 333 mg sodium; calories from protein: 17%; calories from carbohydrates: 79%; calories from fats: 4%

Recipe from *Healthy Eating for Life for Cancer* by Vesanto Melina, M.S., R.D.