

Classic Minestrone Soup



Perfect for fortifying our bodies during the cold winter months, this hearty soup is packed with protein, antioxidants and lycopene. Got extra veggies in your fridge? Add them in! If you like garlic, chop a clove and sauté it with the onion. Serve with a slice of hearty whole-grain bread for a balanced, nutrient-rich meal.

Serves 6

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 1 ½ cups Savoy or Napa cabbage, chopped
- ½ pound green beans, cleaned, ends removed and cut in thirds
- 1 (14 oz.) can diced tomatoes
- 1 (15 oz.) can kidney or pinto beans, drained and rinsed
- 1 large potato, peeled and diced
- 1 cup peas, fresh or frozen (thawed, if frozen)
- 2 cups strained tomatoes
- 2 cups low-sodium vegetable broth
- 1 teaspoon dried oregano (or 1 Tablespoon fresh)
- 1 teaspoon dried basil (or 1 Tablespoon fresh)
- 1 bay leaf
- ½ teaspoon red pepper flakes
- Freshly-ground sea salt to taste (optional)
- Freshly-grated Parmesan cheese (optional)

METHOD:

- Heat oil in large stockpot over medium heat and sauté onions for 2 minutes.
- Add carrots and cabbage and sauté 2 minutes.
- Stir in green beans and sauté 1 minute. Add diced tomatoes, kidney or pinto beans, potato, peas, strained tomatoes and broth and bring to a boil.
- Lower heat, then add herbs and pepper and simmer for 20 minutes.
- Remove bay leaf before serving and top with freshly grated Parmesan cheese, if desired.

Nutrition facts per serving (482 grams, about 2 cups): 220 calories, 3.2 grams fat, 312 milligrams sodium, 38.4 grams carbohydrates, 12.3 grams dietary fiber, 11.4 grams protein

Recipe and photo adapted from the book "Beyond the Mediterranean Diet: European Secrets of the Super-Healthy," by culinary nutritionist and award-winning author Layne Lieberman, M.S., R.D., C.D.N. For more information and recipes, visit her website at www.WorldRD.com.