

Minestrone Soup

Prep	Cook	Total
10 min	45 min	55 min

Serving: 4

Simple and easily adaptable for seasonal veggies.

Potatoes are loaded with potassium - which most of us need more of and is especially important for blood pressure regulation. Also rich in vitamins A, C, B6, E, and K.

Canned tomatoes are just fine and make this soup even easier. Add 2 cups cooked white beans to increase protein, fiber and nutrition.

Ingredients

- 1 Onion *medium, chopped*
- 1 Carrot *medium, chopped*
- 1 Celery stalk *medium, chopped*
- 1 teaspoon Minced garlic
- 3 tablespoons Olive oil
- 2 cups Cubed potatoes
- $\frac{1}{4}$ teaspoon Sea salt
- $\frac{1}{4}$ teaspoon Freshly ground black pepper
- 1 cup Chopped tomatoes
- 5 cups Water
- 1 cup Chopped green beans
- 2 tablespoons Chopped fresh parsley
- 2 tablespoons Grated Parmesan *optional, leave out for vegan option*

Directions

Saute onion, carrot, celery and garlic in the olive oil for 5 minutes. Add potatoes, salt and pepper and cook 2 minutes more. Add tomatoes and water, bring to a boil, lower the heat and simmer for 15 minutes. Add the green beans and simmer 20 minutes more. Garnish each bowl with parsley and Parmesan (if using).

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 210 Protein: 5 g Sugar: 4 g Carbohydrate: 21 g Fat: 12 g Cholesterol: 5 mg Sodium: 256 mg Fiber: 4 g