

Quick Minestrone Soup | Hosted by Christine McNamara, Student Health Registered Dietitian

Adapted from: <https://www.epicurious.com/recipes/food/views/Quick-Minestrone-Soup-236017>

Yield: 4 servings | Prep time: 10 minutes | Total time: 30 minutes

Ingredients:

- 1/4 cup olive oil
- 1 small onion, coarsely chopped
- 4 garlic cloves, crushed in a garlic press
- 4 pound prewashed and cut kale (6 cups)
- 1 (1-lb) bag frozen mixed Italian vegetables such as zucchini, green beans, cauliflower, and broccoli
- 1 (14 1/2-oz) can "petite" diced tomatoes in juice
- 1 cup ditalini pasta or small elbow macaroni
- 5 1/4 cups reduced-sodium vegetable broth (42 fl oz)
- 2 cups water
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (19-oz) can cannellini beans, rinsed and drained
- Accompaniment: grated parmesan



Preparation:

1. Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then cook onion and garlic, stirring occasionally, until golden, about 3 minutes.
2. Add kale and saute, stirring, 1 minute.
3. Add frozen vegetables, tomatoes with juice, pasta, broth, water, salt, and pepper and simmer, uncovered, stirring occasionally, until vegetables are tender and pasta is al dente, about 10 minutes.
4. Meanwhile, transfer half of beans to a wide shallow bowl and coarsely mash with a fork or a potato masher, then stir mased and whole beans into soup and simmer, stirring occasionally, until soup is slightly thickened, about 5 minutes.
5. Season with salt and pepper.

Nutritional Information:

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| Per serving | (4 servings) | Monounsaturated Fat | 10 g |
| Calories | 437 | Carbohydrates | 59 g (20%) |
| Fat | 15 g (23%) | Protein | 21 g (42%) |
| Saturated Fat | 2 g (11%) | Sodium | 1339 mg (56%) |
| Polyunsaturated Fat | 2 g | Fiber | 13 g (51%) |