

Slow Cooked Minestrone Soup

Yields: 10 servings of 1 and a half cups

Nutritional info: Calories: 134; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 860mg; Total Carbohydrate: 26g; Dietary Fiber: 7g; Protein: 6g.

Ingredients:

- 6 cups organic* vegetable broth
- 28-ounce can diced tomatoes
- 15-ounce can cannellini beans, drained and rinsed
- 15-ounce can kidney beans, drained and rinsed
- 2 cups frozen green beans
- 4 medium carrots, chopped
- 1 medium zucchini, chopped
- 1 stalk celery, chopped
- 1 medium onion, chopped
- 2 tablespoons dried Italian seasoning
- 1 bay leaf
- 4 garlic cloves, minced
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon pepper
- 1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta
- 2 cups fresh baby spinach
- Garnish: $1\frac{1}{4}$ cups freshly grated Parmesan cheese (optional)

Directions

- Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
- Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.
- Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired