



From the Kitchen of: Bernice Borow LLC

Minestrone Soup

6 servings

1 Tbsp olive or canola oil

2 onions chopped

2 garlic cloves, minced

1 28 oz can low sodium tomatoes chopped

3 cups low sodium vegetable broth

2 carrots sliced

4 celery stalks sliced

3 cups water

1 leek sliced and washed thoroughly

½ cup orzo

1 19 oz can cannelloni beans rinsed and drained

1 10 oz pkge frozen spinach thawed

2 tsp oregano

½ tsp pepper

4 tsp parmesan cheese

In large nonstick saucepan heat oil, add onion, garlic. Cook stirring until soft. Add tomatoes, broth, carrots, celery, leek, pasta, 3 cups water. Bring to a boil. Simmer covered over low heat stirring as needed. Add beans, spinach, oregano and pepper. Return to a boil. Serve w/cheese.

Per serving: 268 calories 6g fat 44g carbohydrate 7 g fiber 15g protein