

# VitaMin



## Vital health information in a minute

### VEGGISTRONE SOUP

**Yield: 10 servings**

**Total time: 1 hour, 45 minutes**

#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions (2 medium)
- 2 cups chopped celery (4 medium stalks)
- 1 cup chopped green bell pepper (1 medium)
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower (about ½ medium)
- 2 cups chopped carrots (4 medium)
- 2 cups green beans, cut into 1-inch pieces, or frozen, thawed
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 (15 ounce) can tomato sauce
- 1 (14 ounce) can diced tomatoes
- 1 (15 ounce) can kidney or pinto beans, rinsed
- 1 bay leaf
- 4 cups chopped fresh spinach or 1 (10 ounce) package frozen chopped spinach, thawed
- ½ cup thinly sliced fresh basil

- 10 tablespoons freshly grated Parmesan cheese

#### How to make it

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.
2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.
3. Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.

#### Nutrition information

##### Amount per serving

Serving size: 2 cups

Per serving:

- Calories: 162
- Fat: 5 g
- Saturated fat: 1 g
- Fiber: 9 g
- Carbohydrates: 24 g
- Protein: 7 g
- Folate: 83 mcg
- Cholesterol: 4 mg
- Sugars: 10 g
- Added sugars: 0 g
- Vitamin A: 6,282 IU
- Vitamin C: 56 mg
- Calcium: 156 mg
- Iron: 2 mg
- Sodium: 575 mg
- Potassium: 769 mg

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