



From the Kitchen of: Bernice Borow LLC

### Minestrone Soup

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6 servings

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1 Tbsp olive or canola oil

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2 onions chopped

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2 garlic cloves, minced

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1 28 oz can low sodium tomatoes chopped

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3 cups low sodium vegetable broth

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2 carrots sliced

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4 celery stalks sliced

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3 cups water

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1 leek sliced and washed thoroughly

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½ cup orzo

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1 19 oz can cannelloni beans rinsed and drained

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1 10 oz pkge frozen spinach thawed

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2 tsp oregano

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½ tsp pepper

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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