

Summer Minestrone with Pesto

Adapted from: *Bon Appetit*
Category: Soup

Servings: 6
Prep time: 20 minutes

Ingredients

3 Tablespoons extra-virgin olive oil	½ lb green beans, trimmed (<i>cut into 1" pieces</i>)
1 medium onion, chopped	1 (15-oz) can cannellini beans, drained
6 cups low-sodium chicken broth	2 tomatoes, peeled, crushed
2 celery stalks (<i>cut into ½" pieces</i>)	2 cups fresh spinach leaves, chopped
2 small red-skinned potatoes, quartered	6 Tablespoons Classic Pesto
1 (15-oz) can dark kidney beans	1 carrot, peeled (<i>cut into ½" thick rounds</i>)
3 small zucchini, halved lengthwise (<i>cut into ½" pieces</i>)	
Freshly grated parmesan cheese	

Instructions

Heat olive oil in heavy large pot over medium heat. Add onion and sauté until soft, about 4 minutes. Add broth and next 7 ingredients. Increase heat to high and bring soup to boil. Reduce heat to medium-low, partially cover pot, and simmer until potatoes are tender, about 10 minutes. Stir in spinach; simmer 3 minutes longer. Season soup to taste with salt and pepper.

Ladle soup into 6 bowls; garnish each with 1 tablespoon pesto. Serve, passing cheese separately.

Nutritional Facts Per Serving

Serving Size: 2 cups

Sugar:Fiber = 1:2
Mono:Sat = 1.5:1
Calories: 370
Carbohydrates (g): 47
Fat (g): 13
Cholesterol (mg): 5
Protein (g): 19
Sodium (mg): 570

