Italian Summer Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced (about 1 cup)
- 6 garlic cloves, minced (about 1 tablespoon)
- 2 tablespoons Italian seasoning
- ¼ teaspoon cayenne
- 1/2 teaspoon salt
- 2 medium tomatoes, diced (about 2 cups)
- 1 medium bell pepper, diced (about 1 cup)
- 1 medium zucchini, diced (about 1 cup)
- 1 (15-ounce) can no-salt-added white beans
- (e.g. cannellini beans, great northern beans)
- 1 cup frozen corn kernels
- 4 cups (32 ounces) low-sodium vegetable broth

Directions

- 1. Heat a medium saucepan over medium heat.
- 2. Add the oil and heat until shimmering.
- 3. Add the onion, garlic, Italian seasoning, cayenne, and salt.
- Sauté until the onion is softened and translucent, about 5-7 minutes.
- 5. Add the tomatoes, bell pepper, zucchini, beans, corn, and broth.
- 6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
- Cook uncovered until the vegetables are tender, about 20-25 minutes.
- 8. Serve warm.

Recipe Notes

• Substitute 1 (14.5-ounce) can no-salt-added diced tomatoes for the fresh tomatoes if desired.

Nutrition Facts Per Serving: Calories: 185 | Total Fat: 7 g | Saturated Fat: 1 g Sodium: 250 mg | Total Carbohydrate: 26 g | Dietary Fiber: 5.5 g | Protein: 8.5 g

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