



Slow-Cooker Minestrone Soup



INGREDIENTS

- 1 can (28 ounces) whole tomatoes
- 1 can (6 ounces) tomato paste
- 6 cups fat-free, less-sodium chicken broth
- 1 ½ cups cannellini beans, drained, rinsed
- 1 cup diced onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup green beans, cut into bite size pieces
- 4 cloves of garlic, peeled, minced
- ¼ teaspoon red pepper flakes (optional)
- 2 teaspoons dried oregano, divided
- 2 teaspoons dried basil, divided
- 1 teaspoon dried thyme, divided
- 1 cup dry elbow macaroni
- 4 cups baby spinach leaves, lightly packed
- 2 tablespoons distilled vinegar
- 11 tablespoons grated Parmesan cheese

Nutrition Information:

Calories: 115, Total Fat: 1g, Saturated Fat: 1g, Cholesterol: 3mg, Sodium: 470mg, Total Carbohydrate: 20g, Fiber: 5g, Protein: 7g

DIRECTIONS (Yields 11 servings)

1. In a large slow cooker, combine whole tomatoes with juices (crushing each tomato by hand), tomato paste, broth, cannellini beans, onion, carrots, celery, green beans, garlic, red pepper flake (for heat, if desired), 1 teaspoon oregano, 1 teaspoon basil and ½ teaspoon thyme.
2. Set cooker on high and cook soup for 4 hours. Prepare macaroni according to package directions, omitting the salt.
3. Add cooked pasta, spinach, remaining oregano, basil, and thyme and cook an additional 30 minutes. Add vinegar when cooking time is complete.
4. Each serving size is 1 cup soup, garnished with a tablespoon of grated parmesan cheese