

## Minestrone Soup

- 1/2 onion, chopped
- 1 cup carrots, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- 1 (28 oz) can diced tomatoes
- 1 (15 oz) can white beans, drained, rinsed.
- 3 cups fat free chicken or vegetable broth
- 2 cups cooked small whole wheat pasta
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp chopped fresh basil
- 1 medium zucchini, chopped
- salt and fresh pepper

**Rinse** and **drain** beans. You can **Puree** beans with 1 cup of the broth in a blender, or just add them to the pot with the rest of the ingredients. In a crock pot, **combine** broth, tomatoes, pureed beans, carrots, celery, onion, garlic, herbs, salt and pepper. **Cover** and cook on **low** for 6 to 8 hours. Forty minutes before the soup is done cooking, **add** zucchini. **Cover** and cook 30 more minutes. **Add** cooked pasta, **cook** 10 minutes more. **Remove** bay leaves, rosemary sprig, parmesan rind and season to taste with salt and black pepper. **Ladle** soup into bowls.

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