



Slow-Cookin' Minestrone Soup



1/8th of recipe (about 1 cup): 105 calories, 0.5g total fat (0g sat. fat), 632mg sodium, 21.5g carbs, 5.5g fiber, 8.5g sugars, 5g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours or 7 - 8 hours, plus 45 minutes



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Ingredients

4 cups chicken or vegetable broth
Two 14.5-oz. cans stewed tomatoes (not drained)
One 15-oz. can kidney beans, drained and rinsed
1 cup green beans cut into 1/2-inch pieces
1 cup chopped carrots
1 cup chopped celery
1 cup chopped onion
1 tbsp. chopped garlic
2 tsp. Italian seasoning
2 bay leaves
1/4 tsp. black pepper
1 1/2 cups chopped zucchini
Optional toppings: grated Parmesan cheese, fresh chopped basil

Directions

Add all ingredients *except* zucchini to a [slow cooker](#), and mix well.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until veggies have softened.

If cooking at low heat, increase to high. Remove bay leaves, add zucchini, and mix well. Cover and cook for 30 - 45 minutes, until zucchini is tender.

MAKES 8 SERVINGS

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