



## 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

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.