

Vegetable Soup

Ingredients

- 1 1/2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 1/2 cup chopped carrot
- 1 tablespoon minced fresh garlic
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1 thyme sprig
- 3 cups fat-free, lower-sodium chicken broth
- 1 (14.5-ounce) can no-salt-added, fire-roasted diced tomatoes, undrained
- 1/2 cup uncooked orzo (rice-shaped pasta) or pastina (tiny star-shaped pasta)
- 5 ounces green beans, cut into 1-inch pieces (about 1 cup)
- 1 c diced sweet potatoes
- 2 ounces fresh Parmesan cheese, grated (about 1/2 cup)

Nutrition Facts

- Calories 257
- Fat 7.3g
- Sat fat 2.5g
- Mono fat 3.5g
- Poly fat 0.6g
- Protein 15.4g
- Carbohydrate 32.8g
- Fiber 3g
- Cholesterol 25mg
- Iron 2mg
- Sodium 552mg
- Calcium 145mg

Instructions

Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 5 ingredients (through thyme) to pan; sauté 4 minutes. Add broth, tomatoes and sweet potatoes; bring to a boil. Add pasta and beans; cook 5-10 minutes. Sprinkle with cheese. Discard thyme.

