

# Slow Cooker Minestrone Soup Recipe



## INGREDIENTS

1 medium onion (yellow preferred), finely chopped  
2 cups sliced carrots (about 4 medium carrots)  
2 cups sliced celery (about 5 medium ribs of celery)  
2 cups chopped green beans, trimmed and cut into 1-inch pieces  
1 tbsp salt-free Italian seasoning blend  
1 ½ tsp garlic powder  
¼ tsp salt  
¼ tsp pepper  
3 cups fat-free, low-sodium chicken broth  
1 28-ounce can diced tomatoes

## PREPARATION

1. Put onion, carrots, celery and green beans in 3- to 4-quart slow cooker. Stir in Italian seasoning blend, garlic powder, salt and pepper.
2. Pour in chicken broth. Add tomatoes, kidney beans, chickpeas and bay leaves. Do not stir. Cook, covered, on high for 5 hours or on low for 10 hours.
3. Thirty minutes before serving, using tongs, discard bay leaves. Stir in zucchini and spinach. If using low setting, change to high and re-cover slow cooker. Cook for 30 minutes.
4. Meanwhile, prepare ditalini pasta according to package directions. Drain well in colander. Drizzle the oil over pasta, tossing to prevent pasta from sticking together.
5. When soup is finished cooking, ladle into serving bowls. Top with the pasta and sprinkle with parsley.



Ditalini pasta is commonly used for minestrone soup but any small pasta, such as elbow or orzo, can be used.

If you prefer thick soup, after the soup has cooked, carefully puree 1 to 2 cups until smooth in a food processor or blender. Stir puree back into remainder of the soup.

**SERVINGS: 6**

**SERVING SIZE: 2 cups**

\* Recipe from American Heart Association