

Vegetable Penne Soup

TIME: 45 MINS SERVINGS: 6

INGREDIENTS

- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1/2 lb. carrots, diced
- 1 14oz. can no salt added fire roasted tomatoes
- 1 tbsp Italian seasoning
- 1/2 tsp pepper
- 4 cups low sodium vegetable broth
- 1 cup whole wheat penne
- 1 cup green beans
- 1/2 cup corn
- 1/2 cup peas
- 1 Tbsp olive oil



Adapted from: budgetbytes



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Vegetable Penne Soup

PROCEDURE

1. Add onion, garlic, and olive oil to a large soup pot and sauté over medium heat for about 5 minutes.
2. Once the onions are soft, add in the carrots, tomatoes (with juices), Italian seasoning, and low sodium vegetable broth. Bring the broth up to a boil. Once boiling, turn the heat down to medium-low, and let the soup simmer, with the lid in place, stirring occasionally, for 15 minutes.
3. Add Whole Wheat Penne Pasta into Soup. Let the soup simmer, stirring occasionally, for 10 minutes.
4. Add the green beans, corn, and peas. Stir to combine, and heat through (about 5 minutes in the simmering soup).
5. Taste the soup and adjust the salt or pepper to your liking.

Note: Recipe can use frozen green beans, corn, and peas.

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