



Classic Minestrone

Serves 8, serving size $\frac{3}{4}$ cups

Ingredients

- 1 Tablespoon olive oil
- 1 Medium onion, chopped
- 2 Garlic cloves, minced
- 5 Cups low-fat, reduced-sodium chicken broth
- 1 Cup peeled, cubed butternut squash
- 1 15-ounce can of black, kidney, or pinto beans
- $\frac{1}{2}$ Cup cut green beans
- 1 Medium carrot, peeled and diced
- $\frac{1}{2}$ Teaspoon oregano
- $\frac{1}{8}$ Teaspoon crushed red pepper flakes
- 2 Cups chopped fresh kale, tough ribs removed
- $\frac{1}{3}$ Cup uncooked orzo
- 1 Can (15 oz.) white beans (chickpeas/cannellini)
- Parmesan cheese if desired
- Lime wedges to garnish

Instructions

1. Heat the oil in a large sauce-pan over medium-high heat. Add the onion and garlic, and sauté for 2 minutes.
2. Add the broth, squash, green beans, carrot, oregano, crushed red pepper flakes, salt, and pepper. Bring to a boil.
3. Reduce the heat and simmer for 3 minutes. Add the kale, orzo, and beans and cook for 5 minutes. Sprinkle with cheese if desired.



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