Vegetable Pasta Soup
Servings 8 | Prep time 20 mins. | Total time 45 mins.

**Equipment:** Large sauce pan  
**Utensils:** Knife, Mixing spoon

**Ingredients**

- 1 tablespoon oil, vegetable or canola
- 2 carrots, chopped
- 1 large onion, diced
- 1 zucchini, chopped
- 1 14 1/2 ounce can diced tomatoes with green chilies
- 2 14 1/2 ounce cans low sodium vegetable or chicken broth
- 4 cups water
- 1/4 teaspoon salt
- 1 tablespoon Italian seasoning or dried basil
- 2 cups small whole wheat pasta, shell or macaroni
- 6 cups fresh spinach leaves, about 1/2 pound

**Instructions**

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook until the vegetables are softened, about 3 minutes, stirring often.
3. Stir in zucchini and canned tomatoes. Cook 3-4 minutes.
4. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
5. Stir in pasta and spinach. Return to a boil.
6. Cook until the pasta is tender using the time on the package for a guide.

**Nutritional Information:**

Calories 180  
Total Fat 3g  
Sodium 420mg  
Total Carbs 35g  
Protein 7g

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This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.