



Mmm-Mmm Minestrone



1/10th of recipe, 1 generous cup: 105 calories, 0.5g total fat (0g sat fat), 512mg sodium, 19.5g carbs, 4.5g fiber, 4g sugars, 5g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 10 minutes **Cook:** 20 minutes

Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

Two 14-oz. cans (3 1/2 cups) fat-free vegetable broth
Two 14.5-oz. cans diced tomatoes, drained
One 15-oz. can cannellini (white kidney) beans, drained and rinsed
One 10-oz. package frozen spinach, mostly thawed
1 cup frozen cut green beans
1 cup frozen peas and carrots
1 cup uncooked whole-wheat-blend rotini or penne pasta
1 tbsp. dried minced onion
2 tsp. chopped garlic
1 tsp. Italian seasoning
1 bay leaf
Salt and black pepper, to taste

Directions

Combine all ingredients in a large pot on the stove. Add 1 cup water and stir it up. Cover and bring to a boil.

Reduce heat to low and allow soup to simmer, covered, for 10 minutes. Remove bay leaf, add salt and pepper to taste, and serve!

MAKES 10 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.