

Tuscan Minestrone Soup

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/cavolo-nero-italian-soup-recipe>

Ingredients:

- 1 large carrot finely chopped
- 1 celery stalk large, finely chopped
- 1 onion finely chopped
- 2 potatoes medium sized, cut into cubes
- 2 cloves garlic finely chopped
- 8 1/2 cups chicken stock
- 2 sprigs thyme
- 1/2 savoy cabbage small, finely chopped
- 6 leaves cavolo nero finely chopped
- 3 1/2 ounces green beans trimmed and cut into 3
- 14 ounces cannellini beans canned
- 3/4 cup arborio rice
- 1 tablespoon olive oil

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. Sodium: 550 milligrams
8. Sugar: 11 grams

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