

ITALIAN-STYLE VEGETABLE SOUP

Yield: 8 min
Total Time: 40 min

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

Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion medium sweet, chopped
- 2 teaspoons fresh oregano chopped
- 4 cloves garlic minced
- 3 cups butternut squash peeled, seeded & chopped
- 3 cups zucchini chopped, about 4 medium
- 1 cup corn kernels fresh or frozen
- 29 ounces diced tomatoes petite, drained
- 42 ounces fat free low sodium chicken broth
- 15 1/2 ounces white beans rinsed and drained
- 1 bunch Swiss chard cleaned and chopped, leaves only- leave thick ribs out, about 5 ounces total
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper freshly
- 1/2 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1330 milligrams
9. Sugar: 8 grams

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