**Minestrone Soup with Cannellini Beans**

*Minestrone is a great soup to add all kinds of fresh, seasonal vegetables to! Although this recipe uses Swiss chard, potatoes, and tomatoes, the sky is the limit with what you can add!*

Prep time: 20 minutes • Cook time: 35 minutes

**Ingredients:**
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 pound Swiss chard, stems trimmed, leaves chopped
- 1 russet potato, cut into 1/2 inch cubes
- 1 (14.5-ounce) can low-sodium diced tomatoes
- 1 fresh rosemary sprig
- 2 (15-ounce) cans low-sodium beef broth (substitute chicken or vegetable broth if desired)
- 1 ounce piece Parmesan cheese rind
- 1 (15-ounce) can no salt added cannellini beans, drained, rinsed
- Black pepper
- 2 tablespoons chopped fresh Italian parsley leaves

**Directions:**
1. In a large pot, heat oil over medium heat. Add onion, carrots, celery and garlic; sauté until onions are translucent and tender.
2. Add Swiss chard and potato; continue sautéing until the Swiss chard begins to shrink and wilt, approximately 5 minutes.
3. Add remaining ingredients except for the beans, parsley and black pepper. Simmer on low to medium heat until the potatoes are fork tender, approximately 20 minutes.
4. Add the beans and black pepper to taste; continue simmering until thoroughly heated, approximately 3-5 minutes.
5. Remove the parmesan rind and rosemary stem. Garnish with parsley and serve.

**Serving size:** 1 cup
**Serves:** 6

**Nutrition Information / Amount per serving:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250</td>
</tr>
<tr>
<td>Total fat</td>
<td>7.0 g</td>
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<tr>
<td>Saturated fat</td>
<td>1.8 g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Protein</td>
<td>13.6 g</td>
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<tr>
<td>Total Carbohydrates</td>
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<tr>
<td>Dietary Fiber</td>
<td>7.8 g</td>
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<tr>
<td>Sodium</td>
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