MINESTRONE SOUP
Recipe adapted from Gourmet Magazine, March 1993

1/2 pound (about 1 1/4 cups)	Dried white beans such as Great Northern
3 oz	Lean Ham, (low fat/low sodium) diced
1 tbsp	Olive oil
1 each	Onion, chopped
1 each	Carrot, large, diced
1 each	Celery, large rib, dice
3 each	Garlic cloves, chopped fine
2 each	Zucchini, diced
1/4 lb	Green beans, trimmed and cut into 1/2-inch pieces
½ lb	Red Bliss potatoes (about 3 small)
4 cups	Green cabbage (preferably Savoy), shredded
1/2 lb	Kale, rinsed, drained, stems discarded, and the leaves chopped (~ 6 cups)
1- 28-oz	Tomatoes, canned, chopped coarse and drained well
4 1/2 cups	Chicken broth , low fat/ low sodium

Instructions:
1. If using dried beans, soak beans in enough water to cover them by 2 inches overnight or quick-soak them. Drain the white beans, in a saucepan combine them with enough water to cover them by 2 inches, and simmer them, uncovered, adding more water if necessary to keep them barely covered, for 45 minutes to 1 hour, or until they are tender. Remove the pan from the heat and let the white beans stand, uncovered.
2. In a large stock pot, cook ham until crisp and golden brown, add the onion, and cook the mixture, stirring, until the onion is softened. Add the carrots, the celery, and the garlic and cook, for 4 minutes.
3 .Add the zucchini, the green beans, and the potatoes, peeled and cut into 3/4-inch dice, and cook for about 5-6 minutes. Add the cabbage and the kale and cook cabbage is wilted. Add the tomatoes and the broth and simmer the soup, covered, for 1 hour.
4. Drain the white beans, in a blender or food processor purée half of them with 1 cup of water, and stir the purée and the remaining white beans into the soup.
5. Simmer the soup, uncovered, for 15 minutes, thin it if desired with some stock or water, and season it with salt and pepper

Nutritional Facts: Per serving (8 oz)
Calories: 110 Fat: 2 g **Sat. fat**: 0 g **Carbohydrate:** 18g **Protein:** 6g **Fiber:** 5 g
Cholesterol: 0mg **Sodium:** 80 **Vit A**: 70% **Vit C**: 80% **Calcium:** 10% **Iron:** 10%