Dinner

Easy Homemade Vegetable Soup with Parmesan

A quick simmered soup full of tender mixed vegetables, warm Italian seasoning, and a finish of fresh spinach. Each bowl gets a light sprinkle of Parmesan cheese on top.



Freezer safe

35 min	95	12 g	6 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 tsp olive oil
- [ ] 2 cup vegetables (uncooked, chopped, such as any combination of bell peppers, carrots, green beans, yellow summer squash, or zucchini)
- [ ] 1/4 cup onion(s) (finely chopped)
- [ ] 1 tsp Italian seasoning blend (crumbled)
- [ ] 2 cup low sodium chicken broth (low-sodium vegetable broth or fat-free, low-sodium)
- [ ] 1 cup fresh spinach leaves (loosely packed, coarsely chopped)
- [ ] 1 tbsp Parmesan cheese (shredded or grated)

Nutrition Facts

Per serving

Calories	**95**
Total fat	3.5 g
Saturated fat	1 g
Sodium	230 mg
Total carbs	12 g
Fiber	4 g
Total sugars	6 g
Protein	4 g

Method

- [ ] **1** Heat the olive oil in a medium saucepan over medium heat, swirling to coat the bottom.
- [ ] **2** Add the vegetables, onion, and Italian seasoning blend and cook for 8 to 10 minutes, stirring now and then, until tender crisp. Add a splash of water if the pan looks dry or starts to scorch.
- [ ] **3** Stir in the low sodium chicken broth, raise the heat to medium high, and bring to a boil.
- [ ] **4** Reduce the heat and simmer for 15 minutes, stirring occasionally, so the flavors blend.
- [ ] **5** Stir in the fresh spinach leaves until just wilted.
- [ ] **6** Ladle into bowls and sprinkle each serving with Parmesan cheese.

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