

Hearty Minestrone Soup

Ingredients

3 Celery ribs, chopped
1 Carrot, chopped
4 Cups Fat Free Chicken Broth
3 Cloves Garlic, chopped
8 Ounces Italian Sausage, casings removed
1 Tablespoon Olive Oil
1 Onion, chopped
15 Ounces Can Diced Tomatoes with juice
15 Ounces Can Cannellini Beans, rinsed and drained
1/2 Cup Parmesan Cheese
Salt and Pepper
6 Ounces Medium Size Pasta Shells
3 Cups Water
4 Ounces Fresh Green Beans, cut 1" pieces
2 Cups Fresh Swiss Chard, cut up

Cook sausage 6-8 minutes, Drain. Add to pot, olive oil, onion, garlic, celery and carrot. Cook 6-8 minutes. Stir in broth, tomatoes and water. Simmer. Add green beans and Swiss chard. Cook 20 minutes. Stir in beans, pasta, and sausage and simmer until pasta is al dente, 8-10 minutes. Season with salt and pepper.

Serve and add parmesan cheese on top.