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***If Veterans don't help Veterans, who will?***

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## ***Minestrone Soup***

- 1 Tbsp extra-virgin olive oil
- 1/2 Cup chopped onion
- 1/3 Cup chopped celery
- 1 Carrot, diced
- 1 Garlic clove, minced
- 4 Cups fat-free, unsalted chicken broth
- 2 Large tomatoes, seeded and chopped
- 1/2 Cup chopped spinach
- 1 Can (16 ounces) canned chickpeas or red kidney beans, drained and rinsed
- 1/2 Cup uncooked small shell pasta
- 1 Small zucchini, diced
- 2 Tbsp fresh basil, chopped

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and sauté until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.

Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

Makes 4 Servings