



Italian Vegetable Soup with CAULILINI® baby cauliflower

Servings
8

Calories
140

Prep Time
15 minutes

Total Time
50 minutes

Skill Level
Easy

Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped yellow onion
- 2 garlic cloves, chopped
- ½ cup small shell pasta, uncooked
- ½ cup chopped parsley
- 1 (28 ounce) canned diced tomatoes
- 32 ounces chicken broth, low sodium
- 1 cup water
- 1 cup chopped carrots
- 1 cup sliced celery
- 1 cup sliced zucchinis
- 1 cup sliced yellow squash
- 1 (10 ounce) bag Mann's CAULILINI® baby cauliflower
- Salt and pepper, to taste
- 2 tablespoons grated Parmesan cheese



The Method

Heat oil in a saucepan over medium heat. Add onion, celery and garlic, cook until onion and celery is soft, about 2-3 minutes.

Add pasta, parsley, tomatoes, water and chicken broth. Bring to a boil, reduce heat and simmer for an additional 10 minutes. Add carrots, zucchini and squash, cook for 10 minutes. Add Mann's CAULILINI® baby cauliflower and cook for an additional 15 minutes. Add salt and pepper to taste. Top with grated Parmesan cheese.

Nutrition Facts

Serving Size 395g | Servings: 8

Amount Per Serving

Calories 140 | Total Fat 2.0g (sat 0g Trans 0g) | Cholesterol 5mg | Sodium 340mg | Total Carbohydrate 25g | Dietary Fiber 4g | Sugars 7g (Includes 0g Added Sugars) | Protein 6g | Vitamin D 0% | Calcium 8% | Iron 10% | Potassium 15%