



## Spring Vegetable Soup

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Time to prepare: 30 minutes or fewer

This main-course soup calls for a crusty baguette and a light white wine, such as a Pinot Grigio.

### Ingredient List

Serves 4 (makes about 6 cups)

- 2 Tbs. olive oil
- 1 large onion, cut into 1/2-inch dice (about 1 1/2 cups)
- 3 cloves garlic, minced
- 4 cups mushroom stock
- 2 cups sliced asparagus (about 3/4 lb.)
- 8 oz. baby summer squash, cut into 1/2-inch dice
- 1 cup frozen peas
- 1 19-oz. can cannellini beans, drained and rinsed
- 1/2 cup chopped fresh Italian parsley leaves
- 2 Tbs. lemon juice
- 2 Tbs. grated Parmesan cheese

### Directions

Heat oil in large saucepan over medium-high heat. Add onion, and sauté about 8 minutes, until golden. Add garlic; sauté about 30 seconds, or until fragrant.

Add stock, asparagus and squash, and reduce heat to medium. Cook 4 minutes, stirring often, or until vegetables are slightly tender. Add peas and beans, and cook 3 to 4 minutes more, until heated through.

Stir in parsley, lemon juice and Parmesan; season with salt and freshly ground black pepper. Serve.

### Nutritional Information

Per SERVING: Calories: 274, Protein: 12g, Total fat: 9g, Saturated fat: 1g, Carbs: 36g, Cholesterol: 2mg, Sodium: 639mg, Fiber: 2g, Sugars: 8g

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