Summer Vegetable Soup

Serving Size: 4

Ingredients:

1 Small Onion
1 Tbsp Olive Oil
4 Cups Reduced-Sodium Chicken Broth 1/4 tsp Black Pepper
1/4 tsp Italian Seasoning
1/8 tsp Ground Turmeric
1/2 Cup Dry Small Pasta
1/2 Cup Zucchini
1/2 Cup Summer Squash
1 Cup Kale
2 to 3 Medium Sized Red Potatoes
1/2 Cup String Beans
1/2 Cup Tomatoes
1/2 Cup Carrots

Instructions:

1. Rinse all produce thoroughly. Dice and chop all vegetables into bite-sized pieces. Remove kale from stems and skin from tomatoes.
2. Salute onions and carrots on medium heat with oil in a large sauce pan until onion is translucent.
3. Add chicken stock, pepper, Italian seasoning and turmeric. Simmer for 5 minutes.
4. Add pasta, zucchini, summer squash, kale, potatoes, string beans, and tomatoes. Bring to boil and reduce heat to simmer for 30 minutes.
5. Cook until pasta and potatoes are tender. Cover and let stand for 5 minutes.
6. Garnish with basil. Enjoy!