



By ELLIE KRIEGER



Warm up with a healthy Italian-style soup

Real both filling and fulfilling.

It's filled with nutrients and less than 150 calories per serving.

WHEN IT'S CHILLY outside, there's no more satisfying way to get your vegetables than in a big, belly-filling bowl of soup. This Italian-style recipe is packed with six vegetable varieties — including beans — making it an excellent source of vitamins A and C, and a good source of iron and minerals — all for less than 150 calories a serving. Mashing some of the beans and putting them in the soup thickens the broth, giving it a hearty body.

Start your meal with soup and you could end up consuming 20% fewer calories at the end of the meal overall but feel just as content, according to research in the journal *Appetite*.

You also can make this a supper in itself by doubling up on a larger portion with whole-grain bread. I like to whip up a double batch on the weekend and freeze some to have on busy weeknights. However you serve it, this dish is sure to be filling and fulfilling.

Terrific Tuscan Vegetable Soup

One 15.5-ounce can cannellini or other small white beans, preferably low-sodium, drained and rinsed

1 Tbsp. olive oil
½ large onion, diced (about 1 cup)

1 medium carrot, diced (about ½ cup)

2 stalks celery, diced (about ½ cup)

1 small zucchini (about ½ pound), diced (about 1½ cups)

1 clove garlic, minced (about 1 tsp.)

1 Tbsp. chopped fresh thyme or 1 tsp. dried

2 tsp. chopped fresh sage or ½ tsp. dried

½ tsp. salt, plus more to taste

¼ tsp. freshly ground black pepper, plus more to taste

4 cups low-sodium chicken or vegetable broth

One 14.5-ounce can no-salt-added diced tomatoes, with their juices

2 ounces baby spinach leaves (2 cups lightly packed), chopped

½ cup freshly grated Parmesan cheese (optional)

In a small bowl, mash half of the beans with a masher or the back of a spoon; set aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrot, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook, stirring occasionally, until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes and bring to a boil. Add the mashed and whole beans and the spinach leaves; cook until the spinach is wilted, about 3 minutes more.

Serve topped with the Parmesan, if desired.

Yield: 6 servings

Per serving: 143 calories, 20g carbohydrates, 8g protein, 4g fat (0.5g saturated), 5g fiber, 0mg cholesterol, 323mg sodium

Contributing editor and registered dietitian ELLIE KRIEGER is host of Food Network's Healthy Appetite, which airs on the Cooking Channel. Her most recent cookbook is *Comfort Food Fix: Feel Good Favorites Made Healthy*.