



weekend

easy

RAVIOLI AND VEGETABLE SOUP

1 tablespoon extra-virgin olive oil
2 cups frozen bell pepper and onion mix, thawed and diced
¼ clove garlic, minced
1 teaspoon crushed red pepper, or to taste (optional)
1 28-ounce can crushed tomatoes, preferably fire-roasted
1 15-ounce can vegetable broth
1½ cups hot water
1 teaspoon dried basil or marjoram
1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
2 cups diced zucchini (about 2 medium)
Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat.

Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Serves 4

Active Time: 25m

Total Time: 25m

NUTRITION FACTS

Amount per serving:

Calories: 264

Total Fat: 9g

Saturated Fat: 3g

Monounsaturated Fat: 3g

Cholesterol: 28mg

Sodium: 762mg

Carbohydrates: 38g

Dietary Fiber: 7g

Total Sugars: 4g

Added Sugars: 0g

Protein: 11g

Potassium: 763mg