

Hearty Vegetable Ham Soup

Winter is the perfect time for soup and this one can even help you to keep your New Year's resolution. High in protein and low in fat, this chunky soup will help you to feel full without packing on the pounds.

Makes 4 servings

Ingredients

- 1 tablespoon olive or vegetable oil
- 2 tablespoons tomato paste
- 1 yellow onion, thinly sliced
- 2 cloves of garlic, minced
- 1 32-ounce container of reduced sodium, low-fat beef broth
- 1 cup of water
- 1 zucchini, halved lengthwise and chopped
- 1 5-ounce package mushrooms, sliced
- 1 cup carrots, chopped
- 2 celery stalks, chopped
- 1 14-ounce can stewed tomatoes
- 1 1/2 cups diced ham, about 8 ounces
- 1 cup broccoli florets
- 1/2 cup whole-wheat elbows or other small pasta
- 2 tablespoons grated Parmesan

Directions

In a large Dutch oven or large stockpot, heat the oil over medium-high heat. Add the onion, tomato paste and garlic and cook for 5-7 minutes, stirring constantly. Add the broth, zucchini, mushrooms, carrots and celery. Bring to a boil.

Cover and reduce to a simmer for 30-35 minutes or until vegetables are tender. Add the canned tomatoes along with their liquid, ham, broccoli and pasta. Cook an additional 8-10 minutes or until pasta is cooked through and broccoli is tender. Stir in the grated Parmesan before serving.

Make It a Meal

Serve with Zucchini Bites or Stuffed Mushrooms.