



## ***Spicy Vegetable Soup***

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*Fresh basil adds a bright spark to this vinegary, vegetable-stuffed soup, full of the traditional flavors of the Mediterranean. Alternatively, pesto adds a nutty richness to the soup.*

2 tablespoons extra-virgin olive oil  
1 large onion, diced  
1-3 teaspoons hot paprika, or to taste  
2 14-ounce cans vegetable broth  
4 medium plum tomatoes, diced  
1 medium yellow summer squash, diced  
2 cups diced cooked potatoes  
1 1/2 cups green beans, cut into 2-inch pieces  
2 cups frozen spinach (5 ounces)  
2 tablespoons sherry vinegar or red-wine vinegar  
1/4 cup chopped fresh basil or prepared pesto

Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more. Ladle soup into bowls and top with fresh basil or a dollop of pesto.

### **Nutritional Analysis**

Calories	253
Fat	9g
Saturated Fat	1g
Monounsaturated Fat	5g
Sodium	486mg
Carbohydrates	39g
Fiber	10g
Protein	9g
Potassium	1029mg

### **Diabetic Exchanges:**

Starch	1
Fat	1 1/2
Vegetable	3