



# Italian Summer Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1 cup

## Ingredients

2 tablespoons olive oil  
1 medium onion, diced (about 1 cup)  
6 garlic cloves, minced (about 1 tablespoon)  
2 tablespoons Italian seasoning  
¼ teaspoon cayenne  
½ teaspoon salt  
2 medium tomatoes, diced (about 2 cups)  
1 medium bell pepper, diced (about 1 cup)  
1 medium zucchini, diced (about 1 cup)  
1 (15-ounce) can no-salt-added white beans  
(e.g. cannellini beans, great northern beans)  
1 cup frozen corn kernels  
4 cups (32 ounces) low-sodium vegetable broth

## Directions

1. Heat a medium saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, garlic, Italian seasoning, cayenne, and salt.
4. Sauté until the onion is softened and translucent, about 5-7 minutes.
5. Add the tomatoes, bell pepper, zucchini, beans, corn, and broth.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook uncovered until the vegetables are tender, about 20-25 minutes.
8. Serve warm.

## Recipe Notes

- Substitute 1 (14.5-ounce) can no-salt-added diced tomatoes for the fresh tomatoes if desired.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 7 g | Saturated Fat: 1 g  
Sodium: 250 mg | Total Carbohydrate: 26 g | Dietary Fiber: 5.5 g | Protein: 8.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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