

## Chunky Vegetable Soup

Vegetable cooking spray  
2 tbsp. vegetable oil  
1 cup onion, chopped  
2 cloves garlic, minced  
7 cups water  
1 tbsp. basil, dried  
3/4 tsp. salt  
1/2 tsp. marjoram, dried  
1/2 tsp. pepper  
1 lb. red potatoes, cut into 1" cubes  
1/2 lb. carrots, 1" thick  
15.5 oz. can cannelloni beans or other white beans, drained  
14.5 oz. can tomatoes, diced, undrained, chopped  
10 oz. pkg. lima beans, frozen, fordhook  
1/2 cup fat-free mozzarella cheese, shredded  
1/2 cup orzo, uncooked

Coat a large Dutch oven with cooking spray. Add oil and place over medium-high heat until hot. Add onion and garlic and sauté 5 minutes or until tender. Add water and next 9 ingredients. Bring to a boil. Cover, reduce heat and simmer 20 minutes. Add orzo. Cook uncovered over medium heat an additional 10 minutes. Ladle soup into individual bowls and sprinkle with cheese. Makes 12 servings.

Refrigerate remaining soup in an airtight container for up to 1 week, or freeze it for up to 3 months.

Nutrition Information per serving: calories 135; protein 6 grams; fat 4 grams; sodium 301 mg