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Photos by Billy the kid

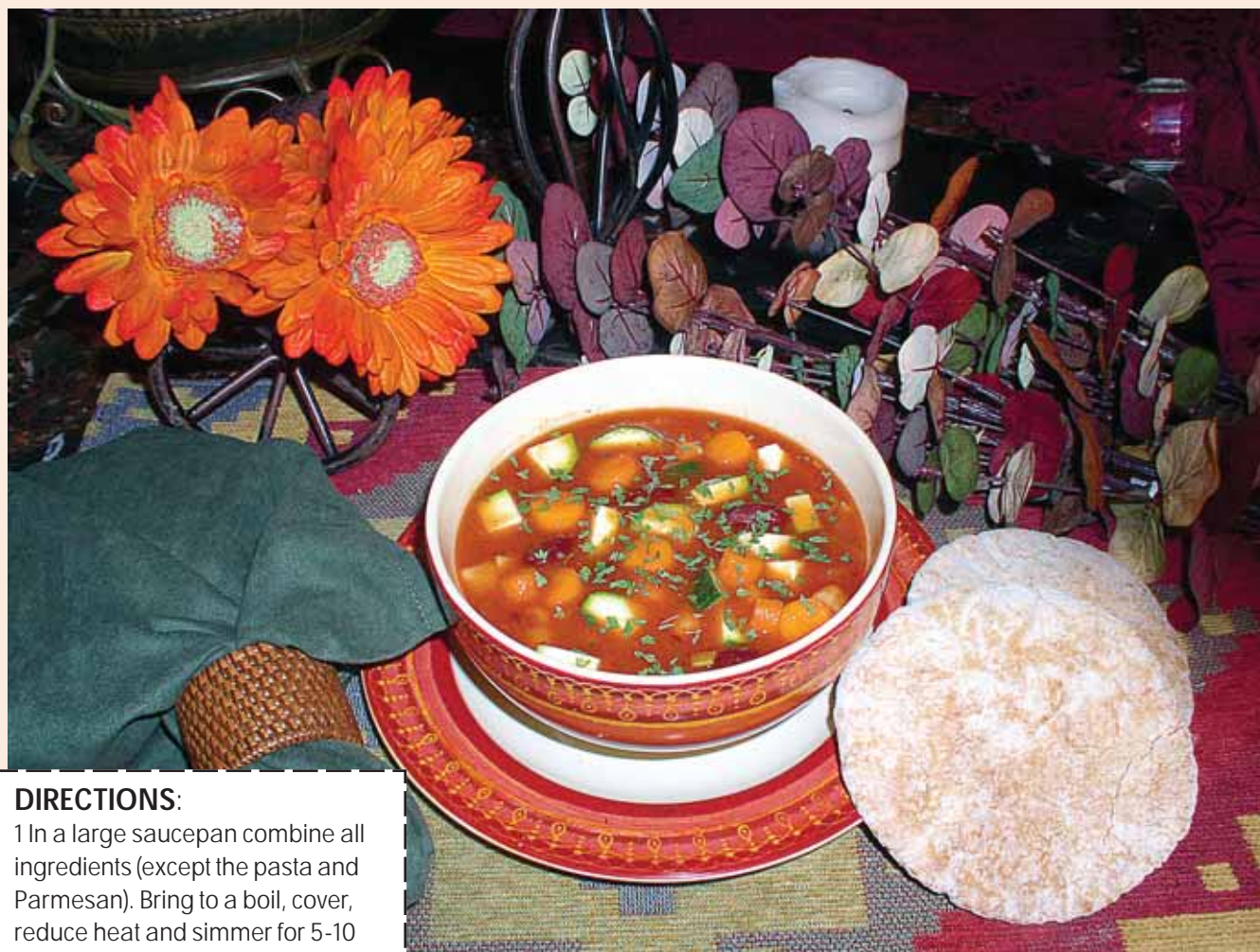
Wintertime is the perfect time to satisfy your soul with this piping hot bowl of Minestrone soup.

This heart-healthy recipe is a filling meal that is not only low in calories but also low in fat. More so this recipe is simple to make in a pinch and guaranteed to take that winter chill off...all while satisfying your tummy and your taste buds!

Take the chill off with this wintertime heart-healthy favorite!

A LITTLE LEEK TID-BIT ..

Native to the Mediterranean area, leeks may have originated in Egypt where they were cultivated and worshipped: "... where onions are adored, and leeks are gods..." Leeks have been a cooking staple in Europe for centuries. France and Wales have particularly glorified the leek in both their lore and cooking.



INGREDIENTS:

- | 1 1/2 cups zucchini, quartered
- | 1 cup leeks, chopped
- | 1 (8-ounce) can tomato sauce, no salt added
- | 1/3 cup dry red wine
- | 2 garlic cloves, minced
- | 1 Tablespoon oregano
- | 2 teaspoons Creole seasoning
- | 1/8 teaspoon black pepper
- | 1/2 cup ditalini pasta (short tube-shaped macaroni), uncooked
- | 1/2 cup Parmesan cheese, grated

DIRECTIONS:

- 1 In a large saucepan combine all ingredients (except the pasta and Parmesan). Bring to a boil, cover, reduce heat and simmer for 5-10 minutes.
- 2 Add pasta to broth and cook an additional 10 minutes or until pasta is done, stirring occasionally. Stir in Parmesan cheese and serve hot! J

Serving size: 1 cup

Hearty Minestrone Soup