

I'm not sure exactly how Spaghetti Soup got its name... one day my kids just started calling it Spaghetti Soup because of the pasta in the soup and the name stuck!

Spaghetti Soup has incredible color and flavor, is easy to make, and fills the house with a great smell whenever you cook it. It is also something you can cook once and it feeds you throughout the week.

It is easy to customize to your tastes - simply put in your favorite spices, add or subtract ingredient amounts, and experiment with other vegetables too! I'd be interested to learn how you like your spaghetti soup - never hesitate to send your ideas to hello@nutritionwithrobinrdn.com!

1 large yellow onion

1 Tablespoon fresh, minced garlic

3 – 4 Cups chopped green cabbage (about 1 pound)

4 Cups water

3 – 4 Cups tomato juice (low sodium)

1 Tablespoon dried oregano

1 ½ teaspoons garlic powder

1 ½ teaspoons black pepper

1 Tablespoon parsley

¼ teaspoon dried thyme

3 – 4 handfuls of fresh spinach chopped

3 (15-oz) cans kidney beans, drained and rinsed

2 (14.5 oz) can diced, undrained, low salt tomatoes

1 – 32 oz box low salt vegetable broth + refill box with water and add as needed to keep “soupy”

2 zucchinis (medium sized, chopped)

4 – 6 oz uncooked small shell pasta (angel hair also works)

In a large pot, sauté in water diced onion and garlic until soft. Add chopped cabbage for 1-2 minutes. Add the rest of the ingredients, except the zucchini and pasta. Bring soup to a boil and reduce heat and simmer, uncovered about 45 minutes, stirring occasionally. Add additional water as needed and seasoning (garlic, pepper, etc.) to taste. When cabbage is soft, and flavors are blended, add pasta. If adding angel hair, break in half. Also add the diced zucchini. Cook until the pasta and zucchini are cooked through. You can sprinkle some nutritional yeast on top as a garnish. Serve with a green salad and warm bread!