

# One Pot Immunity Soup

The cooler months bring crisp air but also cold and flu season. This is why fueling your body with immunity boosting foods is the best way to ensure you don't get sick. Peppers contain vitamin C which is an immune booster. Another ingredient, yellow squash contains zinc, a less known mineral that aids in helping out immune systems. This dish combines both nutrients to make it an immunity power house! Throwing in spinach for a bit of seasonality helps you absorb the vitamin C because spinach contains iron too. Pairing iron and vitamin c is recommended!

## Ingredients:

- 1 tbsp olive oil
- ½ red onion, diced
- 2 yellow squash, diced
- 1 orange bell pepper, diced
- 5 cloves garlic, minced
- 1 8oz can tomato sauce, no salt added
- 1 6oz can tomato paste, no salt added
- 1 11oz can no salt added corn
- 1 24 oz carton of low sodium vegetable broth (4 cups)
- 1 can no salt added cannellini beans
- 2 cups frozen or fresh spinach
- 1 tbsp oregano
- 1 tbsp paprika
- 1 tbsp onion powder
- 1 tbsp garlic powder

## Dietitian Tip:

Use bone broth for more protein or use shredded chicken to



## Directions:

1. In a large pot, add oil. Once hot add diced onion
2. Dice yellow squash, orange bell pepper and garlic
3. Add vegetables to the pan. While they are cooking drain and rinse corn and cannellini beans
4. Let vegetables soften for about 5 minutes. Then add tomato sauce, tomato paste and broth. Add spinach. Bring to a boil. Then lower the heat and simmer
5. Cook for about 20-30 minutes. Once cooked, add a desired portion of soup to a blender. Blend until smooth. Add blended soup to soup.
6. Add chicken or rice for a more filling dish. Top with parsley or cheese!

**Yield:** 4 servings

## Nutrition Facts:

210 Calories; 4.5 g Fat (0.5 g Saturated Fat; 0 g Trans Fat); 0mg Cholesterol; 180 mg Sodium; 40 g Carbohydrate (8 g Fiber, 18 g Sugar, 2 g Added Sugar); 6 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 20% DV Iron; 25% DV Potassium