

Garden Dump Soup

2 tablespoons olive oil
1 extra-large zucchini (about 3 cups chopped)
1 large summer squash (about 2 cups chopped)
1 cup chopped onion
2 cloves garlic, peeled and minced
3/4 to 1 pound low-fat ground meat or combination of meats
Ground black pepper and Mrs. Dash or salt, to taste
4 cups broth or stock of choice, preferably homemade or low sodium
4 cups chopped fresh tomatoes (or canned)
1 tablespoon fresh oregano, chopped
4 ounces fresh spinach, chopped (about 4 cups loosely packed)
1 cup dry elbow macaroni
Grated Parmesan cheese, optional for garnish

Chop and mince up everything to prep. Add the oil to a stockpot or Dutch oven over medium-high heat. Add the ground meat, veggies (except tomatoes, and spinach if using), onion, garlic, and seasonings. Cook for about 15 minutes until the meat is cooked pretty much through.

Add the stock or broth, tomatoes, and oregano plus other herbs/spices if necessary. Bring to a simmer, then add the elbow macaroni or other small pasta. Simmer until pasta is done then add the chopped spinach (if using) and cook until wilted. Taste and adjust seasonings if needed. Serve in bowls with optional Parmesan cheese. Filling and super yummy!