



Swimsuit-Ready in 20 Days: Lunch Recipes

Minestrone

4 cups chicken broth
2 cups canned stewed tomatoes
1 ⅓ cups thinly sliced button mushrooms
1 ⅓ cups cooked cannelloni beans
1 cup diced smoked turkey breast
2 tablespoons dried basil
1 teaspoon sugar substitute
Salt and crack black pepper to taste

In a saucepan combine the chicken broth, stewed tomatoes, sliced mushrooms, cannelloni beans, turkey breast, basil sugar substitute, salt, and pepper. Bring to a boil. Lower the temperature and simmer about 15 minutes or until the soup is reduced to half its volume.

To serve: Ladle into soup bowls and serve immediately.

Servings: 2