



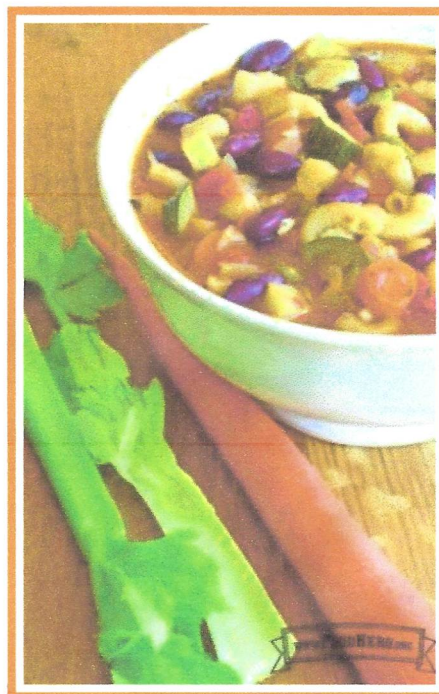
Minestrone Soup



Ingredients

- 1 medium **onion**, chopped
- 1 stalk **celery**, diced
- 1 large **carrot**, sliced
- 2 Tablespoons **oil**
- 1 large **potato**, peeled and chopped
- 1 can (15 ounces) chopped **tomatoes**
- 2 cans (15 ounce each or 3 1/2 cups) low sodium **vegetable or beef broth** (see notes)
- 1 can (15 ounces) **kidney beans**, drained
- 1 teaspoon dried **basil**
- 1/2 cup uncooked **macaroni**
- 2 small **zucchini**, sliced
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**

Makes: 10 cups
Prep time: 15 minutes
Cooking time: 45 minutes



Directions

1. Wash hands with soap and water.
2. In a 5 quart saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
3. Add potato, tomatoes, broth, beans and basil.
4. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
5. Add macaroni and zucchini. Cook another 15 minutes.
6. Taste and adjust seasoning with salt and pepper.
7. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Use any vegetables you have on hand.
- Add cooked meat if desired.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

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Nutrition Facts

10 servings per container	
Serving size	1 cup (220g)
Amount per Serving	
Calories	130
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 405mg	8%
Vitamin A 57mcg	6%
Vitamin C 9mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.