

# Minestrone Soup

This tasty soup has a generous amount of vegetables in each serving: onions, potatoes, carrots, zucchini!

Makes: servings

Prep Time: 15 minutes

Cook Time: approx. 45 minutes

Source: [foodhero.org/recipes](http://foodhero.org/recipes), minestrone soup



Small Changes,  
BIG Difference!

## 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

## Directions

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



## Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	130
Total Fat:	3.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	220 mg
Total Carbohydrates:	22 g
Dietary Fiber:	4 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	5 g

## Utensils Needed

- Knife
- Cutting Board
- Saucepan
- Spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.16

Average cost/serving: \$0.92

Recipe makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Onion



Add 1 to Cart  
Celery



Add 1 to Cart  
Carrots (1 lb)



Add 1 to Cart  
Large Potato



Add 1 to Cart  
15 oz. chopped/diced  
tomatoes



Add 1 to Cart  
32 oz. Low Sodium Vegetable  
Broth



Add 1 to Cart  
15 oz. kidney beans



Add 1 to Cart  
16 oz. Elbow Macaroni



Add 2 to Cart  
Small Zucchini

## SAVE TIME, SAVE MONEY

### Cooking Tips

- 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.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Zucchini Tomato Bake
  - Bean and Veggie Soup

### My Cooking Notes