## RECIPE

# **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, 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
- <sup>1</sup>/<sub>4</sub> 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.



## Small Changes, BIG Difference!



#### Nutrition Information

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

#### **Utensils Needed**

- Knife
- Cutting Board
- Saucepan
- Spoon



## **SHOPPING LIST**

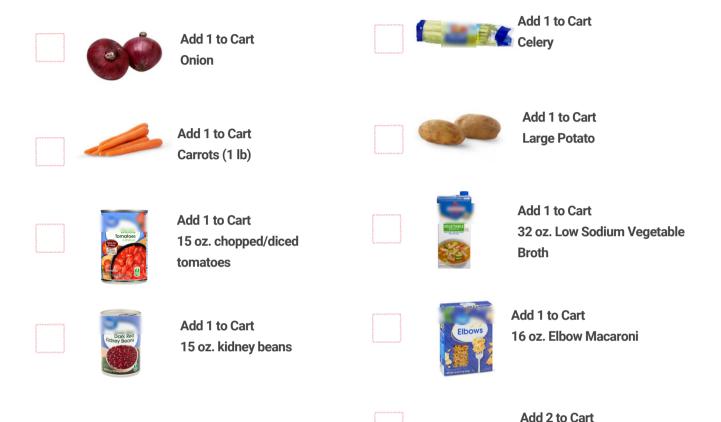
Average total cost without oil and seasonings: \$9.16

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



## 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, such as:
  - Zucchini Tomato Bake
  - Bean and Veggie Soup





Small Zucchini