

Bean and Veggie Soup

This is a great hearty soup that has many different vegetables.

Makes: 8 Servings
Cook Time: 15 minutes
Prep Time: 15 minutes

Source: cookingmatters.org bean and veggie soup

Ingredients

- 2 medium carrots
- 1 small onion
- 2 medium cloves garlic
- 2 medium celery stalks
- 1 large tomato
- 1 medium yellow squash
- 1 (15½-ounce) can red kidney beans
- 1 Tablespoon canola oil
- 1 teaspoon dried basil or dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 (14½-ounce) cans low-sodium chicken or beef broth
- ½ cup water
- 1 cup frozen green sweet peas
- 1 cup whole wheat pasta (such as macaroni, or penne)

Utensils Needed

- Can opener
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler



Small Changes,
BIG Difference!



Directions

1. Peel carrots, onion, and garlic cloves. Rinse carrots, onion, celery, tomato, and squash.
2. Dice onion, celery, and tomato. Mince garlic.
3. Cut carrots and squash in half lengthwise. Place flat side down. Cut into thin, half-moon slices.
4. If using, rinse parsley. Pluck leaves from stems. Mince.
5. In a colander, drain and rinse beans.
6. In a large pot over medium heat, heat oil. Add carrots, onion, garlic, and celery. Cook until slightly soft.
7. Add dried herbs, salt, and pepper. Stir.
8. Add broth, water, tomatoes, squash, beans, and peas. Bring to a boil over high heat.
9. Add pasta. Reduce heat and simmer. Cook until pasta is tender, about 8–12 minutes.
10. If using parsley, stir into soup before serving.

SHOPPING LIST

Average total cost without oil and seasonings: \$8.29

Average cost/serving: \$1.04

Makes: 8 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
Fresh Garlic



Add 1 to Cart
Frozen Sweet Peas 12 oz



Add 1 to Cart
Fresh Carrots 1 LB



Add 1 to Cart
Whole Wheat Elbow Pasta 16 oz



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Fresh Yellow Squash



Add 1 to Cart
Low-Sodium Chicken Broth 32 oz



Add 1 to Cart
Fresh Tomato



Add 1 to Cart
Canned Kidney Beans 15.5 oz

SAVE TIME, SAVE MONEY

Recipe Substitutions and Tips

- Use any veggies you like. Adjust cooking time as needed for the veggies you use.
- Use any type of canned or cooked beans. Try black beans, chickpeas, cannellini beans, or lima beans.
- Try using fresh cilantro or basil instead of parsley.
- Double the recipe. Freeze leftovers for another night. Or, freeze in individual servings and pull out for quick lunches.

My Cooking Notes

Nutrition Information

Serving Size: 1 1/4 cup

Nutrients	Amount
Calories:	190
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	19 mg
Sodium:	545 mg
Total Carbohydrates:	31.5 g
Dietary Fiber:	7.75 g
Total Sugars:	3.4 g
Added Sugars:	0 g
Protein	9.5 g
Vitamin D	0 mcg
Calcium	39 mg
Iron	2 mg
Potassium	444 mg