



Minestrone Soup

16 (1 cup) Servings

Ingredients:

1/4 cup olive oil
1 clove garlic, minced (or 1/8 tsp. powder)
1 1/3 cups onion, coarsely chopped
1 1/2 cups celery with leaves, coarsely chopped
1 can (6 oz.) tomato paste
1 tbsp. fresh parsley, chopped
1 cup carrots, sliced, fresh or frozen
4 3/4 cups cabbage, shredded
1 can (1 lb.) tomatoes, chopped
1 can red kidney beans, drained and rinsed
1 1/2 cups frozen peas
1 1/2 cups fresh green beans
11 cups water
Dash of hot sauce
2 cups spaghetti, uncooked and broken

Directions:

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery. Sauté for about 5 minutes.
2. Add all remaining ingredients except spaghetti. Mix well.
3. Bring to boil and reduce heat. Simmer covered for 45 minutes or until vegetables are tender.
4. Add uncooked spaghetti and simmer for 2 to 3 minutes.

Nutrition Facts:

Calories: 112
Carbohydrates: 17g
Cholesterol: 0mg
Protein: 4g
Saturated Fat: 0g
Sodium: 202 mg
Total Fat: 4g
Total Fiber: 4g

Recipe from Keep the Beat Heart Healthy Recipes, National Heart, Lung, and Blood Institute

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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