

Hearty Minestrone Soup

- This recipe is a healthy, quick and simple version of a traditional Minestrone Soup.
- Try choosing to make half of pasta noodles whole grain to increase whole grain options in your diet.
- Great way to use and stretch canned or pouch beef stew or substitute canned beef.
- Enjoy with a side salad to add more vegetables to your day.
- This recipe includes the vegetable and grains food groups, adding healthy fiber to your diet.

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount per serving

Calories

420

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 400mg **17%**

Total Carbohydrate 36g **13%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 46g

Vitamin D 0mcg **0%**

Calcium 118mg **10%**

Iron 6mg **35%**

Potassium 953mg **20%**

*The % Daily Value 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.

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Servings: 6

Prep Time: 30 minutes or less



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Ingredients:

- 1 Tablespoon oil
- 1 small onion, diced
- 2-3 cloves of garlic, minced
- 2 teaspoon Italian Seasoning
- 1 can (28 oz.) tomatoes (diced, stewed, crushed, or sauce)
- 1 pouch (24 oz.) beef stew
- 2 cups water
- 2 cans (14.5 oz.) of low-sodium mixed vegetables, rinsed and drained
- 1 (15 oz.) can beans (kidney, pinto, cannellini, navy), drained and rinsed
- 1/3 cup of small pasta (elbows, penne, shells)
- Pepper, to taste

Directions:

1. Add oil to a large pot, when hot add diced onion. Sauté for 5 minutes.
2. Add minced garlic and Italian Seasoning and stir for 30 seconds.
3. Add can of tomatoes, beef stew pouch, pasta and water.
4. Bring to boil.
5. Mix in vegetables, beans and pepper. Bring to simmer, until pasta is tender (according to package directions).
6. Add more water if soup is too thick. Serve with toasted multigrain bread.

Optional: add crushed red pepper flakes to taste. For garnish, add fresh herbs like parsley, rosemary or parmesan cheese.

Adapted by Trang Pham, Dietetic Intern

Adapted from: <https://www.foodnetwork.com/recipes/ellie-krieger/minestrone-soup-recipe-1973378>