Minestrone Soup
Makes 8 servings

Ingredients:
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 stalks celery, washed and chopped
- 1 clove garlic, minced, or 1 teaspoon bottled minced garlic
- 3 cups nonfat, reduced sodium vegetable broth (or beef)
- 1 15 ounce can crushed tomatoes
- 1 tablespoon dried parsley
- 1½ teaspoon dried basil
- ½ teaspoon oregano
- 1/8 teaspoon black pepper
- 1 bay leaf
- 1 cup potatoes, washed, peeled, and cubed
- 1 cup carrots, washed, peeled, and sliced
- ½ cup elbow macaroni
- 1 15.5 ounce can kidney beans, drained and rinsed
- Grated Parmesan or Romano cheese, for garnish

Directions:
1. Heat oil in a large pot. Cook the onion, celery and garlic until onion is tender but not brown.
2. Add the broth, tomatoes, parsley, basil, oregano, pepper, bay leaf, potatoes and carrots.
3. Bring to a boil. Reduce heat, cover and simmer for 10 minutes or until vegetables are tender.
4. Add macaroni and beans. Cook about 10 more minutes or until pasta is done.
5. Remove bay leaf before serving.
6. Ladle into bowls and garnish with grated cheese, if desired.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>120</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
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</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>0%</td>
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</tr>
<tr>
<td>Sodium</td>
<td>290mg</td>
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<tr>
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<tr>
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<tr>
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</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

*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.

Source: Cayuga County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.