Minestrone Soup

Ingredients:
1 large onion, chopped
2 stalks celery, washed and chopped
1 clove garlic, minced, or 1 tsp. bottled minced garlic
1 tablespoon olive oil
1 15 ounce can crushed tomatoes
1 Tbsp. dried parsley
1 1/2 teaspoon dried basil
1/2 teaspoon oregano
1/8 teaspoon black pepper
3 cups fat free, reduced sodium vegetable broth (or beef)
1 cup potatoes, washed, peeled, and cubed
1 cup carrots, washed, peeled, and sliced
1/2 cup macaroni pasta
1 15.5 ounce can kidney beans, drained and rinsed
1 bay leaf
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 and vegetables.
3. Bring to a boil. Reduce heat, cover and simmer for 10 minutes or until vegetables are tender.
4. Add pasta 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.

Yields about 8 servings

Source: Recipe developed by staff at CUCE-Cayuga County

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
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</thead>
<tbody>
<tr>
<td>1/8 recipe</td>
<td>140</td>
<td>20</td>
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</tbody>
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% Daily Value *

- Total Fat: 2.5g (4%)
- Saturated Fat: 0g (0%)
- Trans Fat: 0g
- Cholesterol: 0mg (0%)
- Sodium: 310mg (13%)
- Total Carbohydrate: 26g (9%)
- Dietary Fiber: 6g (24%)
- Sugars: 4g
- Protein: 5g

Vitamin A: 60%  
Vitamin C: 15%

Nutrition facts based on standard recipe using a clove of garlic, vegetable broth, and no parmesan cheese.

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

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