MINESTRONE SOUP

INGREDIENTS  Serves: 6  |  Serving Size: 1 1/2 cups

canola oil  1 tablespoon
onion  1 medium
celery  1 cup
tomato soup  2 - 10.75 oz cans
water  1 1/4 cup
shell pasta  1 cup
	no salt added green beans  1 - 15 oz can
no salt added pinto beans  1 - 15 oz can
sliced carrots  1 - 15 oz can
Italian Seasoning  1 1/2 tablespoons
Garlic Powder  1 1/2 teaspoons

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INSTRUCTIONS

1. PREP VEGETABLES
Dice onion and chop celery. Drain and rinse the pinto beans and carrots.

2. SAUTE ONION & CELERY
Heat the oil in a pot and saute the onion and celery for 1-3 minutes or until soft.

3. ADD SOUP
Add the cans of tomato soup and the water (use one empty soup can as a measuring cup).

4. ADD SPICES & PASTA
Stir in the Italian seasoning and garlic powder. Bring to a boil and stir in pasta. Reduce heat and simmer until the pasta is tender, about 10 minutes.

5. ADD REMAINING INGREDIENTS
Add pinto beans, carrots, and undrained green beans to the soup. Simmer until all ingredients are heated through and tender.

6. SERVE
Serve with bread and top with cheese if desired.

NUTRITION INFORMATION

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<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat</td>
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<tr>
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