

# MINESTRONE SOUP

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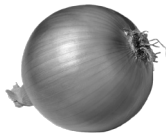


**INGREDIENTS** Serves: 6 | Serving Size: 1 1/2 cups

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**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



# 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

Calories: 290

Total Carbohydrate: 50g

Protein: 11g

Total Fat: 7g

Dietary Fiber: 10g

Sodium: 320mg

LOWCOUNTRY FOOD BANK



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.  
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