

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



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



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