

# Minestrone Soup

(Makes 16 servings)

## **Ingredients:**

- ¼ cup olive oil
- 1 clove garlic, minced or 1/8 tsp garlic powder
- 1-1/3 cup coarsely chopped onion
- 1-1/2 cup coarsely chopped celery and leaves
- 1 can (6 ounces) tomato paste
- 1 tablespoon chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4-3/4 cup shredded cabbage
- 1 can (1lb) tomatoes, cut up
- 1 cup canned red kidney beans, drained and rinsed
- 1-1/2 cup frozen peas
- 1-1/2 cup fresh green beans
- Dash hot sauce
- 11 cups water
- 2 cups uncooked spaghetti noodles



## **Directions:**

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2-3 minutes only.

## **Nutritional Analysis:** (per serving)

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|----------------------|----------------------|
| ▪ Calories: 260      | ▪ Protein: 11 g      |
| ▪ Fat: 4 g           | ▪ Carbohydrate: 45 g |
| ▪ Saturated Fat: 0 g | ▪ Sugars: 7 g        |
| ▪ Sodium: 191 mg     | ▪ Dietary Fiber: 8 g |

## **Source:**

*Stay Young at Heart, from the National Heart, Blood, Lung Institute ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))*