

Minestrone Soup



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Serves: 6

Prep: 0 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1 10-ounce package frozen vegetables, any type
- 2 cans stewed tomatoes, low-sodium (14.5 ounce)
- 2 cans broth, any flavor, low-sodium (14 ounce)
- 1 can beans, any type (15.5 ounce)
- 1 ounce pasta, dry, any type (1 cup)

DIRECTIONS

1. In a large pot, combine frozen vegetables, tomatoes, broth and beans.
2. Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.



Nutrition Information

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<i>Serving Size: 1 cup (1/6 of recipe)</i>	
Calories	172
Total fat	1 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	214 mg
Carbohydrates	34 g
Fiber	10 g
Sugars	6 g
Protein	9 g

Recipe adapted from:
MyPlate USDA