

Boston Medical Center

Department of Food and Nutrition Services

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Minestrone Soup

Serves 6

Ingredients:

- 1 Tbs. oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 (15 ounce) can no-salt-added diced tomato
- 1 (8 ounce) can no-salt-added tomato sauce
- 6 cups low-sodium vegetable broth (or chicken or water)
- 1 teaspoon **each** dried oregano and basil
- ¼ teaspoon pepper
- 1 bay leaf
- 2 (15-ounce) cans no-salt-added beans (such as cannellini, kidney, or garbanzo), drained and rinsed
- ½ cup whole wheat elbow pasta (or other small shape)
- 1 medium zucchini, chopped (or green beans, fresh/frozen/canned)
- ¼ cup grated parmesan cheese (optional)

Directions:

Heat the olive oil in a large pot over medium-high heat. Add the onion and garlic and cook for 2 minutes. Add the celery, carrot, diced tomato, tomato sauce, oregano and bay leaf. Bring to a boil then lower the heat and simmer for 10 minutes.

Stir in the kidney beans, pasta, zucchini, and spinach and simmer an additional 10 minutes, until pasta is al dente. Remove bay leaf. Serve with parmesan cheese (optional).

Recipe Note: Try using different seasonal vegetables such as red pepper, butternut squash, eggplant, spinach, kale or Swiss chard

Nutritional Information per 2 cup serving :

Calories: 272

Total Fat: 3 g

Saturated Fat: 0 g

Sodium: 280 mg

Carbohydrates: 47 g

Cholesterol: 0 mg

Dietary Fiber: 12 g

Protein: 12 g