



Minestrone Soup

Serving Size: 1 cup

Yield: 16 servings

Ingredients:

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



Directions:

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery. Sauté for about 5 minutes.
2. Add all remaining ingredients except spaghetti. Mix well.
3. Bring to boil and reduce heat. Simmer covered for 45 minutes or until vegetables are tender.
4. Add uncooked spaghetti and simmer for 2 to 3 minutes.

Nutrition Facts: Calories: 112, Carbohydrates: 17g, Cholesterol: 0mg, Protein: 4g, Saturated Fat: 0g, Sodium: 202 mg, Total Fat: 4g, Total Fiber: 4g

Source: Recipe from *Keep the Beat Heart Healthy Recipes*, National Heart, Lung, and Blood Institute



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.