
Make-Ahead Minestrone

Source: Better Homes and Gardens

Prep Time: 15 minutes Cooking Time: 10 minutes

Exchanges: 1 Vegetable/1 Starch

Ingredients

- 3- 14 1/2-ounce cans beef broth
- 1- 15-ounce can kidney beans rinsed and drained
- 1- 15-ounce can garbanzo beans, rinsed and drained
- 1- 14 1/2-ounce can low-sodium stewed tomatoes
- 1- 11 1/2-ounce can vegetable juice
- 1- 6 ounce can low-sodium tomato paste
- 2 teaspoons sugar-optional
- 1 teaspoon dried Italian seasoning, crushed
- 1 1/2 cups loose-pack frozen mixed vegetables (such as Italian blend)
- 2 cups fresh spinach leaves cut in strips
- 2 cups cooked pasta (1cup uncooked), such as small shells or mostaccioli/wheat pasta
- Finely shredded Parmesan cheese (optional)

Directions

- In a large kettle combine broth, beans, stewed tomatoes, vegetable juice, tomato paste, sugar, and Italian seasoning. Bring to boiling. Add mixed vegetables. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender. Remove from heat; cool. Refrigerate covered, overnight. (Or, to serve immediately, add spinach and cooked pasta; heat through.)
- To serve, reheat soup over medium heat. Stir in spinach and cooked pasta. Heat through. To serve, ladle into bowls. If desired, sprinkle with Parmesan cheese. Makes 8 servings.

Nutritional facts per serving:

Calories: 214, total fat: 2g, saturated fat: 0g, monounsaturated fat:0g,polyunsaturated fat: 0g, cholesterol:0mg, sodium:975mg, carbohydrate:41g, total sugar:0g, fiber:9g, protein: 12g, vitamin A:0%, vitamin C:0%, calcium:0%, iron:0%, starch:2diabetic exchange, vegetables: 1 diabetic exchange, very lean meat: 1 diabetic exchange

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