

Minestrone Soup

A cholesterol-free classic Italian vegetable soup brimming with fiber-rich beans, peas, and carrots.

What you need:

- 1/4 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 oz) tomato paste
- 1 Tablespoon chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4-3/4 cup shredded cabbage
- 1 can (1 lb) 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 cup water
- 2 cup uncooked, broken spaghetti



(over for directions, nutritional information)

Minestrone Soup (continued)

How to make:

Heat oil in a 4-quart saucepan. Add garlic, onion, and celery and sauté about 5 minutes. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender. Add uncooked spaghetti and simmer 2-3 minutes only.
Yield: 16 servings—Serving Size: 1 cup

Nutritional Information:

Calories: 153
Total fat: 4 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 191 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>