

EASY | RECIPE

Vegetable Minestrone

Ingredients:

- 2 cloves **garlic**, minced
- 1 tbsp **olive oil**
- 1 cup **frozen carrots**, diced
- 1 can (28 oz.) diced **plum tomatoes**
- 7 cups **water**
- 1 can (15 oz.) no-salt-added **red kidney beans**, drained
- 1 cup whole-grain **fusilli** or **macaroni**
- 2 cups chopped **frozen kale**
- $\frac{3}{8}$ cup frozen cut **green beans** or **broccoli florets**
- 1 tbsp each dried **oregano** and **basil**
- 1 tsp **salt**, or more to taste



Method:

In a large soup pot, sauté garlic in olive oil for 1 minute. **Add** carrots and sauté 4 minutes. **Add** tomatoes, water and kidney beans. **Bring** to a boil. **Add** fusilli, kale, green beans, herbs and salt. **Cook** 10-15 minutes, until pasta is tender. **Serve**, topped with grated Parmesan or chili flakes if desired.

Makes 6 servings. Per serving:

230 calories | 10g protein | 4g total fat | 0.5g saturated fat | 2g mono fat | 1.5g poly fat |
0mg cholesterol | 44g carbohydrate | 4g sugar | 9g fiber | 467mg sodium