

Minestrone Soup

Number of servings: 6
 Preparation time: 15 minutes
 Total time: 40 minutes

Ingredients:

2 tablespoons olive oil
 3 cloves garlic, minced
 1 onion, chopped
 4 carrots, chopped
 3 cups kale, chopped
 28 ounces diced tomatoes, rinsed
 14 ounces chickpeas, rinsed
 1 teaspoon rosemary, dried
 ½ cup whole wheat pasta
 4 low sodium bouillon cubes
 4 cups water
 ½ teaspoon black pepper, ground

Equipment Needed:

Knife
 Cutting board
 Measuring spoons
 Measuring cups
 Soup pot
 Ladle



Directions

- Heat oil in the pot over medium heat. Sauté the garlic and onion in the pot for 4-5 minutes.
- Sauté carrots and kale for 4-5 minutes.
- Add the tomatoes, chickpeas, rosemary, pasta and broth. Bring the soup to a boil and reduce heat to a simmer.
- Allow to simmer for 15 minutes until pasta and vegetables are tender.
- Add pepper to taste and serve hot.

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Nutrition Facts

Serving Size 1 serving (545.86g)
 Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 27g **9%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 11g

Vitamin A 230% • Vitamin C 120%

Calcium 15% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Try changing up this recipe by using different fresh vegetables (like green beans or corn), spices (like thyme or oregano) and flavored broth (vegetable, chicken or beef).

TIP:
 Always wash vegetables before using.

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