

Recipe of the Month – December 2023

Minestrone Soup

Serves: 8

Serving Size: 1 cup

Cost per Serving: \$1.00



Ingredients:

- 1 tablespoon oil (canola or vegetable)
- 1 cup onion, chopped (1 medium onion)
- 2 garlic cloves, minced
- 1 box (32 ounces) reduced sodium chicken or vegetable broth
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15.5 ounces) kidney beans (drained and rinsed)
- 1 1/2 cups frozen vegetables
- 1 cup whole wheat pasta (uncooked)
- 1 teaspoon Italian seasoning

Directions:

1. Heat oil in large saucepan over medium high heat. Add onion and garlic. Saute for 3 minutes.
2. Add broth, tomatoes, and Italian seasoning. Heat until boiling.
3. Reduce heat to medium. Add beans, vegetables, and pasta. Simmer until pasta is tender (about 15 minutes), stirring on and off.

Tips:

- Use 1 teaspoon garlic powder instead of the minced garlic.
- Top with shredded or grated Parmesan cheese.

Nutrition Facts per Serving: 180 calories, 3g total Fat (0g sat. fat),

0mg.Cholesterol, 490mg Sodium, 30g Carbohydrates, 6g Fiber, 4g Sugar, 9g Protein

*Recipe compliments of Iowa State University Extension and
Outreach: Healthy & Homemade 2023 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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