

Garden Fresh Minestrone

1 medium-sized onion, chopped
2 cloves garlic, minced
3 tbsp olive oil
8 cups vegetable (or chicken) stock
1 can (15 oz) kidney beans
1 can (15 oz) diced tomatoes
5 cups total fresh vegetables – choose the variety you like (sliced carrots, sliced celery, diced potatoes, green beans cut in 1-inch length, zucchini, spinach, yellow squash, or even frozen corn and peas)
½ tsp each of dry basil, oregano leaves, rosemary
¼ cup tomato paste
½ cup uncooked elbow macaroni
6 tbsp Parmesan cheese, dry grated (optional*)

Yield: approximately 12 cups (6 servings)

1. In 6-quart pot, cook onion and garlic in olive oil over medium heat for about 5 minutes, stirring occasionally.
2. Add stock, beans and diced tomatoes with their liquid, vegetables, basil, oregano and rosemary.
3. Bring to boil. Reduce heat, cover and simmer for 30 minutes.
4. Stir in tomato paste and macaroni and continue to simmer for 20 minutes.
5. Pass the Parmesan cheese at the table.

Nutrient Value (2-cup serving)

Calories: 319

Carbohydrate: 43 g

Protein: 17 g

Saturated Fat: 1.5 g

Fiber: 9 g

* 1 tablespoon of Parmesan cheese adds: 27 calories, 0 g carbohydrates, 3 g protein, 1 g saturated fat, 0 g fiber

Nutrition Center - UI College of Public Health
www.uiowanutritioncenter.org