

Minestrone Soup

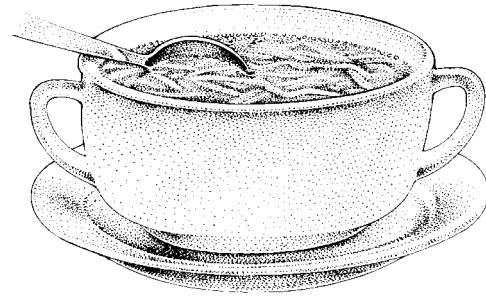
Serves 8

- 2 (14-½-ounce) cans chicken broth, low-fat, low sodium
- ¼ cup shell macaroni, uncooked
- 1 16-ounce package frozen mixed vegetables
- 1 16-ounce can stewed tomatoes, coarsely chopped
- 1 teaspoon garlic powder
- 2 cups red kidney beans, cooked or canned
- 1 teaspoon dried basil leaves or ground basil

TIPS:

- Make extra soup by doubling the recipe and freeze for future use.
- Try whole-wheat pasta in place of the shell macaroni for extra fiber.

1. Mix all ingredients in large saucepan; bring to a boil over medium-high heat.
2. Reduce heat; simmer 20 minutes or until macaroni is cooked.



Nutrition Facts:

Serving size: 1 cup; Calories: 140; Fruits and Vegetables: 1½ servings; Fat: .5 g; Fiber: 6 g



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