

Minestrone Soup

This recipe is developed for a child to help an adult in the kitchen.

Ingredients:

- 16 ounces frozen mixed vegetables, or any type to equal 16 ounces
- 2 cans (14 ½ ounces) stewed tomatoes
- 2 cans (14 ½ ounces) broth, any flavor
- 15 ounces any type canned beans, kidney, garbanzos, cannellini
- 1 cup uncooked elbow macaroni, or any type pasta

Instructions:

1. Adult and child: Wash hands well with soap and hot water.
2. Child: In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. Adult: Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

Serving Size: 1 cup or 1/6 of recipe
Yield: 6 servings

Nutrition information/serving:

Calories: 210	Total fat: 1.5 g
Saturated fat: 0g	Trans fat: 0g
Carbohydrate: 41g	Dietary fiber: 8g
Protein: 11g	Iron: 3mg

Ideas/Substitutions

- Top your bowl of soup with low-fat, grated cheese.
- Serve a slice of whole grain bread on the side.
- Enjoy with a cold glass of low-fat or fat-free milk.
- To reduce the overall sodium content, use low or no added sodium products.