

12-Minute Minestrone Soup

5 Servings

- 2 (14-oz) cans chicken broth
- 1 C water
- 2 (15-oz) cans Italian-style stewed tomatoes, undrained
- 4 oz. whole wheat or wheat blend pasta ($\frac{1}{4}$ of a 1 pound box)
- 1 (15-oz) can kidney beans, rinsed and drained
- 8-oz (1/2 of a 16 oz. package) frozen mixed vegetables



1. Combine chicken broth, water and stewed tomatoes in a large saucepan over medium-high heat. Bring to a boil.
2. Stir in the remaining ingredients (pasta, beans and veggies). Bring to a boil. Lower the heat and simmer for 9 minutes or until pasta is tender.

This soup is great for a quick and healthy snack or enjoy a steaming bowl with some whole wheat crackers, fruit and low-fat milk for a satisfying meal.

Nutrition information, per serving (about 1-1/2 cups):

240 calories, 1g total fat, 47g carbohydrate, 14g dietary fiber, 13g protein, 430mg sodium
Good source of Vitamin A, Vitamin C and Iron.

FYI: Beans (and other legumes) are a good source of protein, dietary fiber, vitamins, minerals and phytochemicals. Eating beans has been shown to improve blood sugar control, aid in wt. loss and improve heart health by lowering blood cholesterol and blood pressure. And, they're cheap!!!

