



Three Bean Minestrone Soup

Number of Servings: 10

Serving Size: 1 ½ cups

Equipment:

Slow cooker

Ingredients:

- 3 Tablespoons canola oil
- 1 sweet onion, chopped
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, chopped
- 1 large zucchini, diced
- 10 ounce frozen spinach
- 4 cups low sodium chicken stock
- 4 cups water
- 1 can (15 ounce) low sodium red kidney beans, drained and rinsed
- 1 can (15 ounce) low sodium white beans, drained and rinsed
- 1 can (15 ounce) low sodium chickpeas, drained and rinsed
- 1 can (15 ounce) low sodium diced tomatoes, with juice
- 1 can (15 ounce) no salt added crushed tomatoes, with juice
- 1 tablespoon Italian seasoning
- Pepper to taste
- 2/3 cup grated parmesan cheese
- 4 ounces small whole-wheat pasta (orzo, macaroni, mini shells, etc.)

Directions:

Add all of the ingredients, except for the pasta and cheese, and cook on low for 8 hours (or 4 on high). One hour before serving, add the uncooked pasta. Serve with Parmesan cheese. Enjoy.

Cost per recipe: \$14.80

Cost per serving: \$1.48

MyPlate servings: ½ serving grains, 1 ¾ servings vegetables, ¼ serving dairy

Nutrition Facts

Serving Size 1.5 cups
Serving Per Container 10

Amount Per Serving

Calories 317

% Daily Values*

Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 3g		
Cholesterol 4mg		1%
Potassium 982mg		28%
Sodium 418mg		17%
Total Carbohydrate 48g		16%
Dietary Fiber 12g		48%
Sugars 7g		
Protein 18g		36%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>