

Lunch/Dinner Vegetable & Bean Recipe

Slow Cooker

Three Bean Minestrone



Ingredients:	Approx. Cost*
3 Tablespoons canola oil	\$0.25**
1 Spanish (sweet) onion, chopped	\$0.59
3 medium carrots, chopped	\$0.50
3 stalks celery, chopped	\$0.50
3 garlic cloves, chopped	\$0.26
1 large zucchini, diced	\$0.99
10 oz frozen spinach	\$1.29
4 cups low sodium chicken stock and 4 cups water	\$2.99
1 - 15oz can low sodium red kidney beans, drained and rinsed	\$1.09
1 - 15oz can low sodium white beans, drained and rinsed	\$1.09
1 - 15oz can low sodium chickpeas, drained and rinsed	\$1.09
1 - 15oz can diced tomato, with juice	\$1.09
1 - 15oz can no salt added crushed tomato, with juice	\$1.09
1 Tablespoon Italian seasoning, pepper to taste	\$0.25
2/3 cup grated parmesan cheese	\$0.81
4 oz small whole wheat pasta (orzo, macaroni, mini shells, etc)	\$0.96
Total	\$14.84

of servings: 10 **Cost per serving: \$1.48**

*Based on Peapod's on-line pricing as of 7/12

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Turn slow cooker to high, heat with oil, and "sauté" the onion, carrot, celery, and garlic for 30-60 minutes (optional, for those who like onions a little more tender). Add the rest 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 orzo and Parmesan cheese. Enjoy!

Nutritional Information per 1 ½ cup Serving:

Calories:	318	Vitamins/Minerals
Fat:	8g	Vitamin A: 136%
Saturated fat:	2g	Vitamin C: 33%
% of daily total:	20%	Calcium: 24%
Carbohydrates:	48g	Iron: 30%
Fiber:	13g	Excellent Source of (20% or more of RDA) Vitamin A, C, and K, Thiamin, Riboflavin, Nicacin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, and Selenium
Sodium	320mg	
Protein:	18g	Good Source of (10% or more of the RDA): Zinc

based on 2000 calorie diet

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