

**Recipe card instructions:**

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

## Minestrone Soup

- 16 ounces frozen vegetables, any type
- 30 ounces stewed tomatoes, canned, low-sodium
- 28 ounces broth, any flavor, canned, low sodium
- 15 ounces beans, canned, any type
- 1 teaspoon dried basil
- ¼ teaspoon pepper
- 1 cup uncooked pasta, any type

In a large pot, combine frozen vegetables, tomatoes, broth, beans, basil and pepper. Bring the soup to a boil. Add the pasta; reduce heat to low. Let simmer for 6 to 8 minutes or until pasta and vegetables are tender. Makes 6 servings.

Source: Rutgers Cooperative Extension

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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### Minestrone Soup

<b>Nutrition Facts</b>	
Serving Size 1 cup (438g)	
<b>Amount Per Serving</b>	
Calories 210	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 560mg	23%
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Protein 11g	
Vitamin A 90%	Vitamin C 80%
Calcium 10%	Iron 15%

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

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