

Minestrone Soup

Ingredients

- 2 Tbsp olive oil
- 1 cup sliced carrots
- 1 cup onions, chopped
- 4 cloves garlic, pressed/minced
- 3 quarts vegetable broth
- 1 cup tomato sauce
- 24 oz. original V-8 juice
- 1 cup potatoes, cubed
- 1 cup green beans
- 1 cup cabbage, shredded
- 1 cup zucchini, diced
- 1 16 oz. can kidney beans
- 1 Tbsp basil
- 1 tsp oregano
- $\frac{1}{2}$ tsp freshly cracked pepper
- 1 cup elbow macaroni
- $\frac{1}{2}$ cup Parmesan cheese, grated

Directions

1. In a large stock pot over medium-high heat, warm the oil. Add the carrots, onions, and garlic. Stir occasionally until vegetables start to soften.
2. Add in the remaining ingredients, except for macaroni, and bring to a boil.
3. Add in the pasta and cook for about 10 minutes, stirring occasionally, until pasta and vegetables are tender.
4. Serve hot. Top with parmesan cheese.

Handling & Storage

When storing carrots, remove tops, which are edible, and refrigerate in a plastic bag for up to 2 weeks. Do not store next to apples and pears, which can speed up ripening.

To prepare, do not wash carrots until ready to use. Gently scrub under cold water to remove all dirt surface. Next, trim the ends and peel if desired. If there is a bad spot on them, cut it out.

Nutritional Information

Calories: 248

Total Fat: 5.0 g

Saturated Fat: 1.8 g

Trans Fat: 0.0 g

Cholesterol: 7.0 mg

Sodium: 762 mg

Total Carbohydrates: 39.2 g

Dietary Fiber: 8.1 g

Sugars: 6.1 g

Protein: 13.9 g

Serves 12