

Minestrone Soup

Serves 8

- 2 (14.5-ounce) cans low-fat, low sodium chicken broth
- ¼ cup shell macaroni, uncooked
- 1 (16-ounce) package of frozen mixed vegetables (or 4 cups of a combination of fresh, frozen and canned vegetables)
- 1 (16-ounce) can stewed or diced tomatoes
- 1 teaspoon garlic powder
- 2 cups (or one 15-ounce can) red kidney beans, drained and rinsed
- 1 teaspoon dried basil leaves

1. Mix all ingredients in a large saucepan; bring to a boil over medium-high heat.

2. Reduce heat, simmer for 20 minutes or until macaroni is cooked.

Nutrition information for each 1 cup serving: calories 140, fat .5g, fiber 6g

Recipe from UMass Extension Nutrition Education Program

