

Minestrone Soup

Total Time

Prep: 20min. Cook: 30 min.

Makes 4+ servings

Ingredients

2 medium carrots (diced into small cubes)
2 small zucchinis (diced into small cubes)
1 medium onion (diced into small cubes)
6 celery sticks (diced into small cubes)
2 cloves of garlic
28 oz canned diced tomatoes
32 oz vegetable or chicken broth
15 oz canned great Northern beans (drained)
15 oz canned Kidney beans (drained)
1 tbsp Italian seasoning
1 tbsp dry basil
1/2 cup noodles
1 tbsp olive or vegetable oil
2 cups water



Directions

1. Preheat the pot with olive oil; then add zucchini, carrots, celery and onions.
2. Sauté the vegetables for about 10 minutes until they soften.
3. Add the diced tomatoes broth to the pot. Season with Italian seasoning and dry basil
4. Add vegetable broth, noodles, kidney and Great Northern beans and simmer for about 10 minutes.
5. Depending on the thickness of the soup, you can add 2 more cups of water to the mix. Simmer slowly until ready to serve.

Shopping List

2 medium carrots*
2 small zucchinis*
1 head of celery*
1 medium yellow onion
1 garlic bulb
1 28 oz canned diced tomatoes
1 32 oz vegetable or chicken broth
1 15 oz canned great Northern beans
1 15 oz canned Kidney beans
1 12 oz bag of egg noodles

The items with an asterick (*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe for those items and to purchase a gallon of milk and a loaf of bread. Staple the gift card to the printed recipe.