

# Minestrone Soup

## Ingredients:

2 Tbsp	Non-hydrogenated margarine	30 mL
¾ cup	Celery, chopped	175 mL
1 medium	Carrot, diced	1 medium
2 medium	Tomato, diced	2 medium
½ cup	Green beans	125 mL
1 cup	Cabbage, shredded	250 mL
1 large	Onion, chopped	1 large
¾ cup	Red kidney beans, cooked	175 mL
1/3 cup	Macaroni, dry	75 mL
3 ¼ cups	Water	800 mL
1	Beef bouillon cube	1
1	Bay leaf	1
1 tsp	Thyme, dried	5 mL
1 tsp	Rosemary, dried	5 mL
2 tsp	Parsley, dried	10 mL

## Directions:

1. In a large pot, melt margarine. Add vegetables and cook for 10 minutes.
2. Add kidney beans, macaroni, bouillon cube dissolved in water, and herbs. Stir and cover.
3. Cook for about 1 hour. Serve hot.

**Makes 10 servings (175 mL / ¾ cup / 169 g)**

Nutrition Facts Per One Serving (175 mL / ¾ cup / 169 g)		
Calories	110	kcal
Carbohydrates	18	g
Fibre	5	g
Protein	5	g
Fat	3	g
Sodium	230	mg
Potassium	366	mg
Phosphorus	68	mg