

Slow Cooker Beef Minestrone Soup

Using a slow cooker allows you to cook up a delicious, warming soup with little time and effort. And the soup has fibre and plenty of nutrients from the beans and vegetables. Feel free to change the recipe to include your favourite kind of bean or vegetable.



Ingredients:

½ lb	Beef, stewing meat, cubed	225 g
1 – 19 ounce can	Canned tomatoes, diced	1 – 540 mL can
1 cup	Onion, chopped	250 mL
1 cup	Cabbage, chopped	250 mL
2 medium	Carrots, chopped	2 medium
1 small	Zucchini, cubed	1 small
1 medium	Potato, diced	1 medium
1 – 14 ounce can	Baked beans	1 – 398 mL can
1 tsp	Dried parsley	5 mL
1 tsp	Garlic powder	5 mL
½ tsp	Salt	2 mL
¼ tsp	Pepper	1 mL
4 cups	Water	1 L
1 cup	Whole wheat macaroni, dry	250 mL
½ cup	Reduced fat cheddar cheese, 21 % M.F. grated (optional)	125 mL

Directions:

1. Combine all the ingredients into the slow cooker, **except the macaroni and optional cheese**. Stir well.
2. Cover and cook on low for 10 hours or on high for 5 to 6 hours.
3. Turn heat to high and add macaroni; stir well. Continue to cook for 15 minutes or until macaroni is soft.
4. You can sprinkle with cheese before serving (optional).

This recipe can be made with any combination of vegetables; pick your favourites!

Makes 8 servings (375 mL / 1 ½ cup / 363 g)

Source: Tasty Slow Cooker Recipes for Growing Healthy babies, CPNP, First Nations and Inuit Health Branch, Alberta Region, Health Canada, 2007

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Nutrition Facts	
Per 1/8 of recipe (375 mL / 1 ½ cup / 363 g)	
Amount	% Daily Value
Calories 220	
Fat 5 g	8 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 30 mg	
Sodium 510 mg	21 %
Carbohydrate 31 g	10 %
Fibre 6 g	24 %
Sugars 8 g	
Protein 14 g	
Vitamin A	100 %
Vitamin C	35 %
Calcium	8 %
Iron	30 %

* Nutrient analysis does not include optional cheese

Nutrient Claim	Amount per serving
High in fibre	6 g
Very high in potassium	644 mg
Source of calcium	84 mg
Very high in magnesium	65 mg
High in folate	37 mcg
Very high in iron	4 mg
High in fibre	6 g

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dishes – Soup, meal-style) according to the Alberta Nutrition Guidelines.

The optional cheese would add 30 calories, 2.5 grams of fat and 2 grams of protein per serving.

<p>Special Equipment Required:</p> <ul style="list-style-type: none"> • Slow Cooker
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