



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLiP FAMILY
LIFESTYLE
PROGRAM

QUICK! VEGETABLE MINESTRONE

7-8 CUPS



Soup Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 1 medium zucchini, chopped
- 2 cloves garlic, minced
- 2 medium carrots, peeled and chopped
- 1 tablespoon Italian seasoning
- 1 tablespoon salt-free seasoning
- 1/4 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 1 15-oz can no salt added diced tomatoes or 2 cups chopped fresh tomatoes
- 1 15-oz can white beans
- 1 cup frozen mixed vegetables
- 4 cups unsalted / no salt added vegetable broth
- 1/2 cup elbow macaroni or other small pasta



Cooking Instructions

- Heat olive oil in large pot over medium-high heat.
- Add onion, celery, carrots, zucchini, garlic, and seasonings. Season with salt, if using, and pepper. Cook, stirring occasionally, until vegetables begin to soften, 3-5 minutes.
- Add tomatoes, beans, frozen vegetables, if using, vegetable broth, and noodles. Bring to boil and boil gently until pasta is done 10-12 minutes. Adjust seasonings to taste.