

#LetsCook30

MINISTRONE SOUP

This colourful soup is full of delicious vegetables. Leftovers can be frozen in single servings for a quick meal later.

Servings: 8-10

Ready in about: 45 minutes

2 tsp	vegetable oil
1 medium	onion, chopped
2 stalks	celery, diced
2 cloves	garlic, minced
1 – 28 oz can	tomatoes, diced (keep the liquid)
6 cups	chicken or vegetable broth
4 cups	vegetable cocktail (such as V-8)
2 medium	carrots, peeled and chopped
1 medium	zucchini, diced
1 cup	cabbage, shredded
1 – 19 oz can	chickpeas, drained and rinsed
1/2 cup	pasta, uncooked (such as macaroni, rotini)
2 tsp	dried basil
1 tsp	dried oregano
	hot sauce (optional)

Nutrition Tips:

To reduce the salt and increase the fibre in this recipe, we used:

- Reduced sodium broth
- Reduced sodium vegetable cocktail
- No salt added tomatoes
- Whole wheat pasta

INSTRUCTIONS:

1. Heat oil in a large pot over medium heat. Add onions, celery, and garlic. Cook stirring for 3 minutes, until vegetables begin to soften.
2. Add all remaining ingredients. Bring to a boil. Reduce heat to medium-low. Simmer for 25 minutes.

TIPS:

- This soup is thick and hearty. If you prefer a less dense soup, add some extra broth.
- This soup freezes well with the exception of the pasta which is very soft once reheated. Try using very small shaped pasta and add a little more liquid while reheating.
- Add any vegetable that you have in the fridge or that your family enjoys. Try cauliflower, sweet potato or corn.

Adapted from: Crazy Plates, Janet and Greta Podleski, 1999.

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York Region