



Clean Out the Fridge Minestrone



Yield: 8 servings
Serving Size: 1 cup

Ingredients

- 1 cup onion, chopped
- 1-2 stalks celery, diced
- 1-2 carrots, diced
- 1 cup other vegetable, chopped (potatoes, zucchini, green beans, mushrooms, spinach, etc.)
- 1 cup tomatoes, diced
- 4-6 cups chicken or veggie stock
- 1/2 cup macaroni noodles or other small variety
- 1 can beans, drained and rinsed
- 1/2 tsp. basil, thyme, and oregano



Directions

1. Sauté onions, celery, and carrots with olive oil and garlic until tender.
2. Add the other veggies, spices, and stock. Bring to a boil before reducing the soup to a simmer and cook until the veggies are almost cooked.
3. Add pasta and beans and simmer until pasta is cooked. Add salt and pepper to taste and enjoy.

Estimated Price:
8 servings = \$7.72
1 serving = \$0.96

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Fast Facts



Featured Food Groups



Nutrition Facts

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 8 servings per container | |
| Serving size | 1 cup |
| Amount Per Serving | |
| Calories | 120 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 540mg | 23% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 5g | 18% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | 14% |
| Vitamin D 0mcg | 0% |
| Calcium 91mg | 6% |
| Iron 1.62mg | 8% |
| Potassium 423mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips

- Try adding grated parmesan cheese for a zesty topping.
- Using fresh herbs like basil, oregano, parsley, and thyme makes the soup more flavorful.
- Consider adding a dash of sugar to smooth out the acidity of the tomato and give the soup a more balanced flavor.