

Minestrone Soup



Serves 6
(1 cup servings)

Ingredients:

- 2 Tbsp vegetable oil
- 3 garlic cloves, minced
- 1/2 cup carrot, diced
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 1/4 head cabbage
- 1 can (14 oz.) garbanzo beans, drained and rinsed
- 1 can (14 oz.) diced tomatoes
- 4 cups (32 oz.) low-sodium chicken broth
- 1 cup elbow pasta
- 1 tsp Italian seasoning

Directions:

1. Chop cabbage into 1-inch size pieces.
2. Heat oil in large soup pot on medium heat, add garlic, carrot, onion, celery and cabbage and cook for 8 minutes until the vegetables are soft.
3. Add garbanzo beans, diced tomatoes, pasta, seasoning and chicken broth. Bring to a boil. Turn heat down to low and simmer 15 minutes.

Nutrition Facts per serving:
45 calories; 1.5g fat; 6g carbohydrates; 2g protein;
1g sugars; 0mg cholesterol; 55mg sodium.

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