

Mediterranean Minestrone Casserole

Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370

Servings: 6

3 medium (1-1/2 cups) carrots, sliced
1 medium (1/2 cup) onion, chopped
1 cup water
2 teaspoons sugar
1 1/2 teaspoons Italian seasoning
1/4 teaspoon pepper
1 can (28 ounce) organic diced tomatoes, undrained
1 can (15 ounce) chick peas (garbanzo beans), drained and rinsed
1 can (6 ounce) no-salt-added tomato paste
2 cloves garlic, finely chopped
1 1/2 cups frozen cut green beans, thawed
1 cup (4 ounce) uncooked elbow macaroni
1/2 cu (2 ounce) Parmesan cheese, shredded

Preparation Time: 20 minutes

Spray a three- to four-quart slow cooker with cooking spray.

In the slow cooker, mix all of the ingredients except the green beans, macaroni and cheese.

Cover and cook on LOW heat setting for six to eight hours.

Stir the green beans and macaroni into the slow cooker. Increase the heat setting to HIGH.

Cover and cook about 20 minutes longer or until the beans and macaroni are tender.

Sprinkle with cheese.

Start to Finish Time: 6 hours 40 minutes

Per Serving (excluding unknown items): 32 Calories; trace Fat (6.5% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

Slow Cooker, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	32	Vitamin B6 (mg):	.1mg
% Calories from Fat:	6.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	83.7%	Thiamin B1 (mg):	trace
		Riboflavin B2 (mg):	trace

% Calories from Protein:	9.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	trace
Carbohydrate (g):	7g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	22mg
Potassium (mg):	151mg
Calcium (mg):	22mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	10130IU
Vitamin A (r.e.):	1013RE

Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 32	Calories from Fat: 2
--------------------	----------------------

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol trace	0%
Sodium 22mg	1%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	6%
Protein 1g	
<hr/>	
Vitamin A	203%
Vitamin C	8%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.