

Easy Minestrone

Arlene Borg - Grammy Guru
Hometown News

1 large onion, diced large
2 tablespoons canola oil
2 medium carrots, cut up
2 potatoes, peeled and cut up
2 stalks celery, cut up
1/2 small cabbage, cut up
1 can (16 oz) whole tomatoes with liquid, crushed
any other vegetables desired, cut up
1/4 cup ketchup
1/2 teaspoon oregano
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon parsley flakes
1 can (14 to 15 1/2 oz) chicken broth
1 can (14 to 15 1/2 oz) water
2 cans (16 oz ea) great northern beans (cannelini), undrained
3 tablespoons small pasta , precooked

Saute' the onion in oil, adding a little water if necessary.

Add all other ingredients except the beans and pasta. Cook until the vegetables are almost tender.

Puree' one can of beans in a blender. Set aside.

Add the remaining can of beans to the soup and continue cooking until the vegetables are tender.

Add the puree'd beans and pasta. Heat through.

Serve with grated Italian cheese.

Per Serving (excluding unknown items): 667 Calories; 30g Fat (38.6% calories from fat); 15g Protein; 92g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 3760mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 5 1/2 Vegetable; 5 1/2 Fat; 1 Other Carbohydrates.