

Hearty Minestrone

Servings: 12

This soup recipe makes two batches of six servings each. One or both batches can be frozen for up to three months.

TO USE FROZEN SOUP:

Thaw in the refrigerator; transfer to a large saucepan. Stir in 1/2 cup of water. Bring to a boil; reduce heat. Add one cup of uncooked ziti or small tube pasta. Cover and cook until tender.

1 pound ground pork
1/2 cup celery, chopped
1/2 cup onion, chopped
1/2 teaspoon garlic, minced
1 can (28 oz) crushed tomatoes
1 can (16 oz) kidney beans, rinsed and drained
1 can (15 oz) garbanzo beans, rinsed and drained
2 cups tomato juice
1 can (15 oz) tomato sauce
1 can (14 1/2 oz) beef broth
3 medium carrots, chopped
1 medium zucchini, halved lengthwise and thinly sliced
1 tablespoon Italian seasoning
1 1/2 teaspoons salt
1/2 teaspoon sugar (optional)
1/8 teaspoon pepper
ADDITIONAL INGREDIENTS FOR EACH BATCH
1/2 cup water
1 cup ziti or small tube pasta, uncooked

In a Dutch Oven, cook the pork, celery and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

Stir in the tomatoes, beans, tomato juice, tomato sauce, broth, carrots, zucchini, Italian seasoning, salt, sugar and pepper. Bring to a boil.

Reduce heat; cover and simmer for 30 to 35 minutes or until carrots are tender.

Soup can now be divided into two batches. Each batch may be frozen up to three months. For each batch, transfer six cups of soup to a freezer container. Freeze. When soup is desired for use, see note above.

If one batch is desired for immediate use, add water and pasta to remaining soup; bring to a boil. Cover and cook until pasta is tender. If both batches are to be consumed now, remember to double the water and pasta.

Yield: 2 batches

Per Serving (excluding unknown items): 245 Calories; 9g Fat (33.4% calories from fat); 15g Protein; 26g Carbohydrate; 9g Dietary Fiber; 27mg Cholesterol; 691mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat.