

Minestrone (Slow Cooker)

Sally Greck

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound beef chuck
2 cups diced tomatoes
2 cups beef broth
1 cup cannellini beans
1 cup red kidney beans
1 cup sliced carrots
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup bow tie pasta*

Cut the beef into 1/2-inch cubes.

In a slow cooker, combine the beef, undrained tomatoes, broth, cannellini beans, kidney beans, carrots, salt and pepper.

Cover and cook on LOW for four to six hours.

Add the pasta.

Cook on LOW for 30 to 45 minutes longer until the pasta is tender.

Per Serving (excluding unknown items): 2486 Calories; 76g Fat (27.2% calories from fat); 186g Protein; 271g Carbohydrate; 66g Dietary Fiber; 262mg Cholesterol; 3449mg Sodium. Exchanges: 15 1/2 Grain(Starch); 19 Lean Meat; 5 1/2 Vegetable; 7 1/2 Fat.