

Minestrone

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

MEATBALLS

8 ounces ground beef and veal
2 tablespoons onion, chopped
1 clove garlic, chopped
2 tablespoons Italian bread crumbs
1 small egg yolk
pinch basil
pinch oregano
pinch parsley
salt and pepper

SOUP

2 tablespoons olive oil
1/4 cup canned red kidney beans
1/4 cup celery, sliced diagonally
1/4 cup cabbage, shredded
1/4 cup turnip, diced small
3 tablespoons onion, chopped
1 clove garlic, chopped
2 cups beef broth
1 can (14 ounces) Italian tomatoes
1 bay leaf
1 clove
salt and pepper
3 tablespoons Parmesan cheese, grated

In a bowl, mix the meatball ingredients to a stiff paste. Shape into olive-sized meatballs.

In a saucepan, heat the oil. Brown the meatballs. Remove the cooked meatballs from the saucepan. Set aside.

Rinse the kidney beans. Drain well. Set aside.

In the same saucepan, add the fresh vegetables and garlic. Cook for 5 minutes. Stir in the beef broth and tomatoes. Bring to a boil. Over low heat, simmer for 20 minutes, stirring from time to time.

Add the meatballs, beans, bay leaf and clove. Simmer for 10 minutes. Season.

Ladle into soup bowls. Sprinkle with one teaspoon or so of Parmesan cheese.

Serve.

Variation #1: Replace the meatballs with 1-1/2 cups of cooked macaroni.

Variation #2: Replace the beef broth with chicken broth and the canned tomatoes with fresh tomatoes which have been previously blanched and then peeled.

Per Serving (excluding unknown items): 84 Calories; 5g Fat (50.9% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 442mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	84
% Calories from Fat:	50.9%
% Calories from Carbohydrates:	26.7%
% Calories from Protein:	22.4%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	28mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	442mg
Potassium (mg):	171mg
Calcium (mg):	49mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	116IU
Vitamin A (r.e.):	22 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 84 Calories from Fat: 43

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	5%
Cholesterol	28mg	9%
Sodium	442mg	18%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	5g	
Vitamin A		2%
Vitamin C		9%
Calcium		5%
Iron		4%

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