

minestrone soup

Makes 4-6 servings.

- Beans and pasta, in a rich,
- hearty broth makes this famous
- Italian home cooked peasant soup!

2 tsp (10 mL) Spectrum Organic Extra
Virgin Olive Oil
1 Onion, chopped
4 Cloves garlic, minced
2 Stalks celery, chopped
1/4 tsp (1 mL) Hot pepper flakes
1 can (28 oz/796 mL) Plum tomatoes
2 cups (500 mL) Imagine Organic
Vegetable or Chicken Broth
1 can (19 oz/540 mL) White kidney
beans, drained and rinsed
1 cup (250 mL) Ditali or tubetti pasta
2 tbsp (25 mL) Chopped fresh basil

In soup pot heat oil over medium heat and add onion, garlic, celery and hot pepper flakes and cook for about 5 minutes or until softened.

Meanwhile, in blender or food processor, puree tomatoes until smooth. Pour into vegetable mixture with vegetable stock and bring to a boil. Reduce heat and simmer for 10 minutes. Add beans, ditali and basil and boil gently for about 8 to 10 minutes or until pasta is al dente.

This recipe is adapted from Italian Express 150 Fat and Easy Family Favourites by Emily Richards (HarperCollins Canada, 2005).



Per each of 4 servings:

270 calories, 12 g protein, 4.5 g fat, 48 g carbohydrates,
9 g fibre, 160 g sodium.