



A Nutrition Resource

# ITALIAN WEDDING MINESTRONE SOUP

**Yield: 6 Servings | Serving Size: 1 cup**  
**Cost/serving: \$0.85**

## Ingredients:

- 1 onion, chopped
- 2 or 3 large garlic cloves, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 (14.5-ounce) can stewed tomatoes Italian style tomatoes
- 2 cups cooked kidney beans (or 1 16-ounce can kidney beans, drained and rinsed well)
- 2 cups frozen vegetables or fresh vegetables, peeled and chopped
- 1 Tablespoon Italian seasoning blend
- 1/2 cup whole wheat pasta, such as rotini, macaroni, or small shells (uncooked)

## Directions:

- 1) Sauté onion and garlic in 1/4 cup of the broth.
- 2) Add remaining broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
- 3) Bring to a boil on medium high heat.
- 4) Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes or until pasta is tender.

## Nutrition Facts

6 servings per container  
**Serving size (393g)**

**Amount per serving**  
**Calories 180**

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 389mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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