

## **Minestrone Soup**

From Stay Young at Heart – National Heart, Lung, and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/minesoup.htm>

### **Ingredients**

- ¼ cup olive oil
- 1 clove garlic, minced or 1/8 tsp garlic powder
- 1 1/3 cup coarsely chopped onion
- 1 ½ cup coarsely chopped celery and leaves
- 1 can (6 oz) tomato paste
- 1 Tbsp chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4 ¾ cup shredded cabbage
- 1 can (1 lb) tomatoes, cut up
- 1 cup canned red kidney beans, drained and rinsed
- 1 ½ cup frozen peas
- 1 ½ cup fresh green beans
- Dash hot sauce
- 11 cups water
- 2 cups uncooked, broken spaghetti

### **Instructions**

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2-3 minutes only.

*Makes 16 servings*

### **Nutrition information per serving (1 cup)**

Calories: 153

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 191 mg