



Clean Out the Fridge Minestrone



Yield: 8 servings
Serving Size: 1 cup

Ingredients



- 1 cup onion, chopped
- 1-2 stalks celery, diced
- 1-2 carrots, diced
- 1 cup other vegetable, chopped (potatoes, zucchini, green beans, mushrooms, spinach, etc.)
- 1 cup tomatoes, diced
- 4-6 cups chicken or veggie stock
- 1/2 cup macaroni noodles or other small variety
- 1 can beans, drained and rinsed
- 1/2 tsp. basil, thyme, and oregano



Directions



1. Sauté onions, celery, and carrots with olive oil and garlic until tender.
2. Add the other veggies, spices, and stock. Bring to a boil before reducing the soup to a simmer and cook until the veggies are almost cooked.
3. Add pasta and beans and simmer until pasta is cooked. Add salt and pepper to taste and enjoy.

Estimated Price:

8 servings = \$7.72

1 serving = \$0.96

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Clean Out the Fridge Minestrone

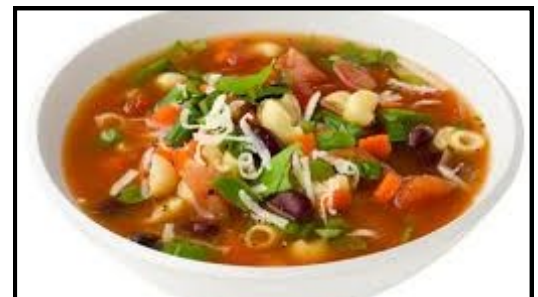


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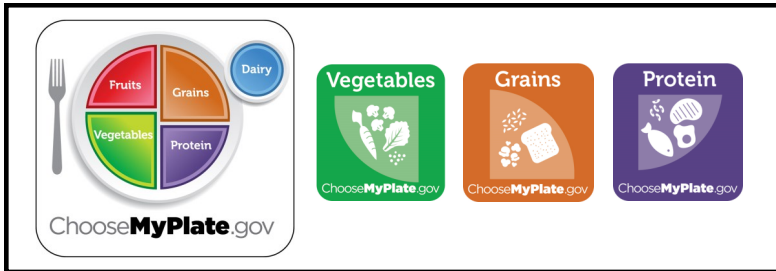
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Fast Facts



Featured Food Groups



Cooking Tips



- Try adding grated parmesan cheese for a zesty topping.
- Using fresh herbs like basil, oregano, parsley, and thyme makes the soup more flavorful.
- Consider adding a dash of sugar to smooth out the acidity of the tomato and give the soup a more balanced flavor.

Nutrition Facts



Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 1.62mg	8%
Potassium 423mg	8%

*The % Daily Value (DV) 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.

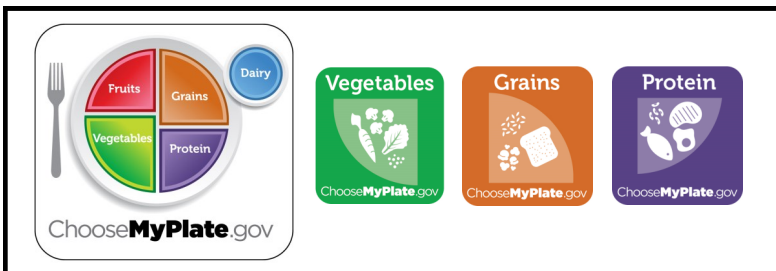
Second Harvest is an equal opportunity provider.



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