



# 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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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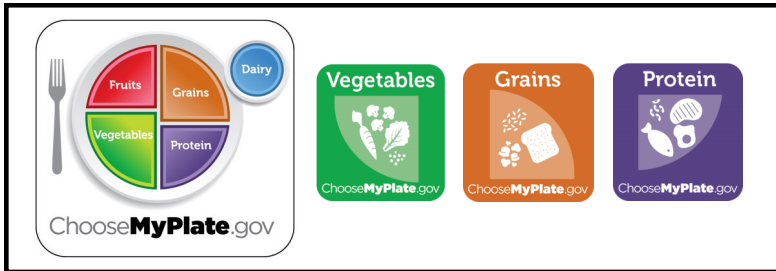
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# Fast Facts



## 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.

Second Harvest is an equal opportunity provider.

## Nutrition Facts



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

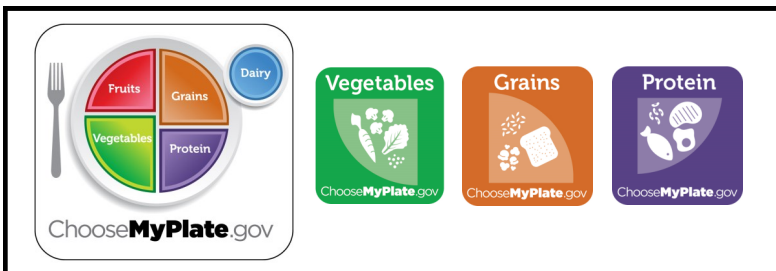
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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