

## 12-Minute Minestrone Soup

### 5 Servings

#### *What you need:*

- 2 (14-oz) cans chicken broth
- 1 c water
- 2 (15-oz) cans Italian-style stewed tomatoes, undrained
- 4 oz. whole wheat or wheat blend pasta ( $\frac{1}{4}$  of a 1 pound box)
- 1 (15-oz) can kidney beans, rinsed and drained
- 8-oz ( $\frac{1}{2}$  of a 16 oz. package) frozen mixed vegetables



#### *All you do:*

1. Combine chicken broth, water and stewed tomatoes in a large saucepan over medium-high heat. Bring to a boil.
2. Stir in the remaining ingredients (pasta, beans and veggies). Bring to a boil. Lower the heat and simmer for 9 minutes or until pasta is tender.

Nutrition information, per serving (about 1-1/2 cups): 240 calories, 1g total fat, 47g carbohydrate, 14g dietary fiber, 13g protein, 430mg sodium