12-Minute Minestrone Soup

**Ingredients**

- 2 (14 ounce) cans chicken broth
- 1 cup water
- 2 (15 ounce) cans Italian-style stewed tomatoes, undrained
- 4 ounces pasta
- 1 (15 ounce) can kidney beans, rinsed and drained
- 8 ounces frozen mixed vegetables

**Directions**

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).
3. Bring to a boil. Lower the heat and simmer for 9 minutes or until pasta is tender.

Makes 5 servings

Nutrition information per serving:

- 240 calories, 1g total fat, 47g carbohydrate, 14g dietary fiber, 13g protein, 430mg sodium