

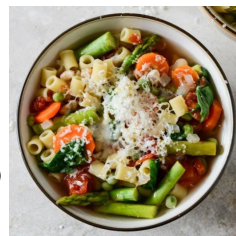
Minestrone

IOWA

Student Wellness

Ingredients

- 1 sweet onion, diced
- 3 garlic cloves, minced
- 3 carrots, peeled and sliced
- 1 (28 ounce) can of diced tomatoes
- 2 (15 ounce) cans of white (cannellini, navy, garbanzo) beans, drained and rinsed
- 1 Tablespoon Italian seasoning*
- 3 cups low-sodium vegetable stock
- 3 cups water
- 8 ounces of uncooked ditalini pasta or macaroni
- 1 (6 ounce) bag of fresh spinach
- 1 medium zucchini, chopped (or 1 can green beans, drained and rinsed)
- 1/3 cup freshly grated reduced fat Romano cheese + more for topping
- Salt and pepper to taste



*Substitute for Italian seasoning: ½ teaspoon each of basil, oregano, rosemary, thyme, red pepper flakes, savory.

Directions

1. Add diced onions, garlic, carrots, diced tomatoes, beans, Italian seasoning, stock and water to your crockpot. Cook on LOW for 4-6 hours or HIGH 2-3 hours, stirring once or twice if you can.
2. About 10-15 minutes before serving add spinach, zucchini and pasta.
3. Cook on LOW for another 10-15 minutes then stir in grated cheese.
4. Taste and season with salt and pepper as desired.
5. Serve immediately with additional cheese on top!