

12-Minute Minestrone Soup

Ingredients

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