

Cupboard Minestrone Soup

My family loves classic, comforting soups as the foundation of a healthy, delicious meal. Based on canned vegetables, canned tomato soup, dried pasta, and dried herbs, this budget- and kid-friendly minestrone soup recipe can be made from pantry staples in 25 minutes.

MAKES 8 SERVINGS (1 ½ CUPS EACH)
PREPARATION TIME: 25 MINUTES



Ingredients

- 3 cups water
- 1 medium onion, diced
- 2 medium carrots, sliced
- 2 cloves garlic, minced
- 2 (10.75-ounce each) cans tomato soup, condensed
- 1 (14.5-ounce) can cut green beans, with liquid
- 1 (14.5-ounce) can sweet corn, with liquid
- 1 (15-ounce) can white beans, with liquid
- 1 cup whole grain elbow macaroni, uncooked
- 1 tablespoon Italian seasoning (or may substitute with dried oregano)
- ½ teaspoon black pepper



About the Recipe Author

Sharon Palmer, MSFS, RDN is known as The Plant-Powered Dietitian. Based in Ojai, California, she is an expert in plant-based, sustainable eating and the author of four books.

Instructions

1. Heat water in a large pot.
2. Add onion, carrots, and garlic. Cover with a lid and cook for 10 minutes.
3. Add tomato soup, green beans with liquid, corn with liquid, white beans with liquid, macaroni, Italian seasoning, and black pepper.
4. Cook for 15-20 minutes, covered, stirring occasionally, until pasta is tender.
5. Serve immediately.

Nutritional Analysis (1½ cup serving): 219 calories, 46 g carbohydrate, 8 g fiber, 10 g total sugar, 0 g added sugar, 10 g protein, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 44 mg sodium

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