

Mighty minestrone soup

A delicious, hearty soup. You can use any type of canned or dried beans in this recipe.



Vegetarian



Freezer-friendly



PREP TIME
10 min



COOK TIME
40 min



SERVINGS
9

Ingredients

- 1.5 L (6 cups) no salt added vegetable broth
- 1 L (4 cups) chopped cabbage
- 750 mL (3 cups) carrots, diced
- 1 can (19 oz/540 mL) no salt added white kidney beans, drained and rinsed
- 1 can (28 oz/796 mL) no salt added diced tomatoes or diced tomatoes in puree (Pezzettoni)
- 2 mL (½ tsp) garlic powder

Directions

1. Turn on stove to high heat. Put vegetable broth in a large pot and heat to boiling.
2. Turn heat to medium. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 35 minutes.
3. Stir in beans, tomatoes and garlic powder. Add pepper to taste. Cover and cook 5 minutes longer.
4. Serve in bowls.

Tips

- ✓ **Time saver:** double this recipe and freeze extra servings for another day.
- ✓ **Get creative** in the kitchen. Add any of your favorite veggies or a cooked whole grain to this soup. Try green beans and whole grain pasta.
- ✓ **Like creamy soups?** Try serving with a dollop of lower fat plain yogurt.
- ✓ **Like thicker soups?** After the soup has simmered, remove from heat. Remove most of the cabbage and carrots with a slotted spoon and add to a bowl. Add half of the beans to the soup broth and puree with a hand-held blender or a potato masher. Add the cabbage and carrots back and continue with step 3.
- ✓ For a **kick of heat and flavour** add a pinch of dried chili flakes, pepper and any of your favorite herbs. Try basil, oregano and parsley.

Adapted with permission from *The Basic Shelf Cookbook*, published by the Canadian Public Health Association.



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