



Minestrone Soup

Makes 4 servings | Protein • Grains • Vegetables

Ingredients

- 1 small onion, chopped
- 1 teaspoon garlic, minced (2 cloves chopped)
- 1 teaspoon canola oil
- 1 pound ground meat or 1 pound cubed meat (optional)
- ½ cup split yellow peas
- 2 cans tomato soup + 2 cans water
- 1 15-ounce can diced tomatoes
- 1 carrot, chopped
- 1 can cream-style corn
- ½ cup dry whole-wheat pasta
- 1 teaspoon Italian seasoning
- Dash of black pepper

Directions

1. Wash hands in warm, soapy water.
2. Cook onion and garlic in canola oil in a large soup pot. If using meat, brown the meat with the onion. Cook 5-7 minutes.
3. Rinse split yellow peas under cold water. Add to the pot.
4. Add tomato soup and water, tomatoes, carrot, corn, pasta, and seasonings.
5. Cook 20-30 minutes until peas and pasta are tender.



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