Minestrone Soup

Serves 8

- 2 (14.5-ounce) cans low-fat, low sodium chicken broth
- ¼ cup shell macaroni, uncooked
- 1 (16-ounce) package of frozen mixed vegetables (or 4 cups of a combination of fresh, frozen and canned vegetables)
- 1 (16-ounce) can stewed or diced tomatoes
- 1 teaspoon garlic powder
- 2 cups (or one 15-ounce can) red kidney beans, drained and rinsed
- 1 teaspoon dried basil leaves

1. Mix all ingredients in a large saucepan; bring to a boil over medium-high heat.

2. Reduce heat, simmer for 20 minutes or until macaroni is cooked.

Nutrition information for each 1 cup serving: calories 140, fat .5g, fiber 6g

Recipe from UMass Extension Nutrition Education Program

Make extra soup by doubling the recipe and freeze for future use.

Try whole wheat or whole grain pasta for extra fiber.