

# How to Use Broth

## Tips & Tricks

Canned broth can be used wherever water is required. Use to add a savory flavor to any dish. Add water to broth to reduce sodium content.



## Creative Eats

*Savory rice/noodles/dried beans*

Use broth instead of water when cooking.

*Reheating/moistening leftovers*

Add a small amount to leftovers prior to reheating.

## **Steamed vegetables**

Use broth to steam vegetables. Works great with potatoes.

## **Meats**

Flavor meat with broth in slow cookers or pressure cookers.

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# Easy Minestrone Soup

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## Ingredients

- 8oz pasta noodles (whole grain preferred)
- 32oz (4 cups) tomato juice, low-sodium preferred
- 16oz (2 cups) broth, low-sodium preferred
- 1 (15oz) can garbanzo beans, low-sodium preferred
- 1 (15oz) can green beans, low-sodium preferred
- 1/2 of yellow onion, chopped
- 1 teaspoon dried basil
- 1/2 to 1 cup water, as needed
- Salt and pepper to taste

## Directions

In a sauce pan, cook onion in oil until tender, about 7 minutes. Add tomato juice, broth pasta noodles, garbanzo beans, water, and basil. Stir and bring to a boil. Reduce heat and add in green beans. Simmer uncovered for 15 minutes. Cook longer if noodles are still not tender. Season with salt and pepper. Top with shredded cheese if desired.

### Extension

UtahStateUniversity.



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