

Easy Minestrone Soup

Ingredients

- 8 oz. pasta noodles (whole-grain preferred)
- 32 oz. tomato juice or tomato sauce (low-sodium preferred)
- 16 oz. chicken, vegetable, or beef broth (low-sodium preferred)
- 1 (15 oz.) can garbanzo beans or other white bean (low-sodium preferred)
- 1 (15 oz.) can or frozen green beans (low-sodium preferred)
- 1-2 Tbsp. cooking oil
- 1/2 of yellow onion, chopped
- 1 tsp. dried basil
- 1/2 to 1 cup water, as needed
- Salt and pepper, to taste

Directions

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

Extension

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