



Minestrone

Active Time: 30 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

151.4 calories, 23.5 g carbohydrate, 6.67 g fiber, 16.83 g NET carbs, 6.4 g protein, 4.13 g fat

Ingredients

- 4 cup(s) Pacific Organic Vegetable Broth (Low Sodium)
- 1 cup, chopped organic broccoli
- 2 medium(s) organic carrots, sliced
- 4 clove(s) organic garlic, sliced
- 1 medium organic onion, diced
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 1 tsp organic oregano, dried
- 2 tsp(s) organic basil, dried
- 1 cup canned organic white beans
- 1 1/2 cup(s) canned organic kidney beans
- 1 28-oz can canned organic diced tomatoes

Preparation

1. Add the oil to a large pot and heat over medium heat.
2. Add the garlic and onion and saute, stirring, 5 minutes.
3. Pour in the broth, canned tomatoes and spices and bring to a boil. Simmer 10 minutes.
4. Add the carrots and broccoli. Simmer 5 minutes.
5. Add the beans. Simmer 10 minutes.
6. Serve.

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