



50 min



Serves 4



FRESH

ITALIAN MINISTRONE SOUP

Ingredients:

1 can low sodium tomato soup
3 cups low sodium vegetable broth
1 can mixed beans
1/2 cup pasta, uncooked
1 tbsp. Italian dressing
Salt to taste

Directions:

1. Rinse beans.
2. In a large pot on medium-high heat, combine tomato soup and vegetable broth. (Read labels to see how much water to add)
3. Stir in beans, uncooked pasta, salt, and Italian dressing, and bring to a boil; lower to medium heat and let simmer for 40 min stirring occasionally

Source: www.kraftrecipes.com

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NUTRITION INFO

Per: 1 serving of soup [4 servings
per recipe]

Energy.....130 kcal

Fat.....1g

Carbohydrates.....23g

Protein.....6g



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