

Minestrone Soup



Recipe Courtesy Chef Bryan Woolley

Serves 6

- 1 cup shredded cabbage
- ½ cup uncooked elbow macaroni
- 2 cups chicken stock
- 1 teaspoon Italian seasoning
- 2 medium stalks of celery, thinly sliced
- 1 small zucchini, sliced
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 can (28 ounces) whole tomatoes, undrained
- 1 can (15-16 ounces) large kidney beans, undrained
- 1 can (8 ounces) whole kernel corn, undrained

1. Add all ingredients into a large pot. Bring to a boil and reduce heat to simmer.
2. Simmer for 20 minutes.
3. Break up tomatoes as necessary.
4. Continue to simmer until macaroni is cooked.
5. Serve and Enjoy!

Nutritional Analysis

One Serving = 1/6 of recipe

Calories	196
Total Fat	2 g
Cholesterol	1mg
Sodium	972mg
Carbohydrates	35g
Protein	13g

Diabetic Exchanges

Protein	2
Carbohydrate	2.5
Fat	.5

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