

“Minestrone Soup with Parmesan Cheese”

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Minestrone means “big soup,” and refers to a vegetable soup that generally has pasta in. Topped generously with shaved Parmesan cheese, it makes the perfect dinner dish. Recipe makes a big batch; freeze leftovers for a quick meal later. Serves 10-12



Ingredients:

- 1 cup chopped onion
- 1 clove garlic, minced
- 1 cup chopped celery
- 2 tablespoons butter
- 1/2 pound diced lean ham (approx 1 1/2 cups)
- 1/4 cup cooked crumbled bacon*
- 1 can (15 oz) navy beans, drained
- 1 can (15 oz) kidney beans, drained
- 1 can (15 oz) green beans, drained
- 2 cans (15 oz) Italian style stewed tomatoes
- 1 cup chopped carrots
- 2 cups beef broth
- 1 teaspoon Italian seasoning, or to taste
- 1/3 cup uncooked elbow macaroni
- 1 cup shaved Parmesan cheese

Method:

Sauté onion, garlic, and chopped celery in butter until onion and celery are tender. Add ham; fried bacon; drained navy beans, kidney beans and green beans; stewed tomatoes; carrots; broth and Italian seasoning. Bring to a boil, cover, reduce heat and simmer 20 minutes. Bring back to a boil, add macaroni and cook 10-15 minutes or until macaroni is tender. Serve hot, top with shaved Parmesan cheese, crusty bread and a cold glass of milk for a complete meal.

Notes:

* To save time and fat, purchase pre-cooked crumbled bacon. Nutrition analysis was calculated on pre-cooked reduced fat shelf stable bacon.

To reduce sodium, use reduced sodium broth and beans.

Nutrition Facts	
Serving Size approx 1 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	16%
Cholesterol 25mg	8%
Sodium 990mg	41%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	30%
Sugars 7g	
Protein 15g	
Vitamin A 70%	Vitamin C 15%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	