

SOUPS

Minestrone Soup

Makes about 8 servings · ~1½ cups each

SATIETY SCORE

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NUTRITION

HIGH

Per serving (approx.): Protein 7 g · Fiber 7 g · Calories 180

Ingredients

- 1 cup carrot, thinly sliced
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1 clove garlic, crushed
- 1 Tbsp extra-virgin olive oil
- 9 medium tomatoes, peeled and chopped
- 2 tsp salt
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp pepper
- 2 cans (14.5 oz each) beef broth
- 1 can (16 oz) navy beans, undrained
- 1 can (15 oz) kidney beans, undrained
- 1 large zucchini, halved lengthwise and sliced
- 1 cup uncooked whole-wheat elbow macaroni
- ½ cup fresh parsley, chopped
- Freshly grated Parmesan cheese (optional)

Directions

1. In a large saucepan, sauté the carrot, celery, onion, and garlic in the olive oil over medium-high heat until crisp-tender.
2. Add the tomatoes, salt, oregano, basil, and pepper; bring to a boil, then cover and simmer 15 minutes.
3. Stir in the broth, both cans of beans, the zucchini, macaroni, and parsley; bring to a boil.
4. Cover and simmer about 15 minutes, until the macaroni is tender. Sprinkle each serving with Parmesan, if desired.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Minestrone Soup

Makes about 8 servings · ~1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 medium carrots (about 1 cup sliced)
- ☐ 2 celery stalks (about 1 cup chopped)
- ☐ 1 medium onion (about 1 cup chopped)
- ☐ 1 clove garlic, crushed
- ☐ 9 medium tomatoes
- ☐ 1 large zucchini lengthwise
- ☐ 1 small bunch parsley

DAIRY & EGGS

- ☐ Parmesan cheese

PANTRY & DRY GOODS

- ☐ ½ tsp pepper
- ☐ 2 cans (14.5 oz each) beef broth
- ☐ 1 can (16 oz) navy beans, un
- ☐ 1 can (15 oz) kidney beans, un
- ☐ 1 cup cooked whole-wheat elbow macaroni

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Oregano
- ☐ Dried basil