

Minestrone Soup

2 tsp cooking oil 1 onion chopped
2 or 3 large garlic cloves 3½ cups low sodium chicken broth
1 16-ounce can stewed tomatoes or diced tomatoes
1 16 ounce can kidney beans, drained and rinsed
1 10-ounce package frozen vegetables or 1¼ cups fresh vegetables, peeled and chopped
1 tsp dried basil, oregano, or Italian seasoning
½ cup uncooked pasta

1. Heat oil in large saucepan. Sauté onion and garlic
2. Add broth, tomatoes, beans, frozen or chopped vegetables and seasonings. Stir to mix.
3. Bring to boil on medium-high heat.
4. Stir in pasta. Reduce heat to medium-low. Simmer about 20 minutes until the pasta is tender.