

Another Low-cost Recipe from WNEP...



## More Than Minestrone Soup

1 can (15 oz.) beans (kidney, red, pinto, chick-peas, black-eyed peas)  
2 cups beef or vegetable broth or bouillon  
¼ cup chopped onion (or ¼ tsp. onion powder)  
1 clove garlic, minced (or ¼ tsp. garlic powder)  
1½ tsp. Italian seasoning (or dried basil or oregano)  
1/8 tsp. black pepper  
1 can (15 oz.) tomatoes, cut-up  
1½ cups frozen or canned mixed vegetables (or combination)  
¼ cup uncooked rice or macaroni  
2 T. grated cheese (optional)

1. Combine beans, broth, 1 cup water and seasonings and bring to a boil. Reduce heat, cover and simmer for 2 hours.
2. Add tomatoes, vegetables and macaroni or rice. Bring back to a boil, reduce heat and simmer 10-15 minutes until tender.
3. Sprinkle with cheese before serving, if desired.

*Makes about 6 servings. Refrigerate any leftovers promptly.*