



Clallam  
Mosaic

*Empowering people with developmental disabilities  
for a more viable community*

## **Minestrone Soup**

### **Ingredients**

- 2 medium carrots, chopped
- 1 cup chopped cabbage
- 1 celery rib, thinly sliced
- 1 small onion, chopped
- 1 garlic clove, minced
- 2 teaspoons olive oil
- 1 can, (14-1/2 ounces) Italian stewed or diced tomatoes.
- 3 cups vegetable broth
- 1 cup torn fresh spinach
- 2/3 cup cooked wholegrain pasta
- 1/4 teaspoon pepper

### **Directions**

- 1) In a large saucepan, cook carrots, cabbage, celery, onion and garlic in oil for 5 minutes.
- 2) Add tomatoes and broth; bring to a boil.
- 3) Reduce heat. Simmer, uncovered, for 20-25 minutes or until vegetables are tender.
- 4) Stir in spinach, macaroni and pepper; heat through.

Yield: 5 servings.