

# TUSCAN MINISTRONE

**PREP TIME:** 15 mins

**TOTAL TIME:** 2 hrs 15 mins

**SERVES:** 4



## ABOUT THIS RECIPE

" Here's a simple and tasty minestrone from the American Heart Association Cookbook. You can substitute macaroni or other pasta for the orzo if you choose. We like to add some spicy Mrs. Dash at the end for a little more kick."

## MY PRIVATE NOTES

## INGREDIENTS

1 (14 ounce) cans kidney beans , rinsed and drained

1 tablespoon olive oil , extra virgin

3 garlic cloves , minced

1 bay leaf

1/2 teaspoon red pepper flakes , crushed

1 onion , chopped

2 1/2 quarts water

1 leek , sliced

3 carrots , sliced

3 stalks celery , sliced

2 potatoes , peeled and cubed

1 cup green beans , sliced

1 1/2 cups tomato sauce

1 tablespoon mixed Italian herbs

2 zucchini , chopped

1 1/2 cups cannellini beans , drained and rinsed

14 1/2 ounces stewed tomatoes

1/2 cup orzo pasta

2 cups spinach , chopped

## DIRECTIONS

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Place oil in 6 quart saucepan.

Add beans, garlic, bay leaf, red pepper flakes, onion.

Saute 5 minutes.

Add water.

Bring to boil.

Simmer 1 hour.

Add leek, carrots, celery, potatoes, green beans, tomato sauce, herb blend, and pepper.

Cook 30 minutes.

Add zucchini, beans, tomatoes.

Cook 15 minutes.

Add orzo and spinach.

Cook 15 minutes.

### NUTRITION INFO

**Serving Size:** 1 ( 1387 g)

**Servings Per Recipe:** 4

<b>AMT. PER SERVING</b>	<b>% DAILY VALUE</b>
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**Calories 484.7**

Calories from Fat 54 11%

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Total Fat 6.0 g 9%

Saturated Fat 1.0 g 5%

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**Cholesterol** 0.0 mg 0%

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**Sodium** 1412.7 mg 58%

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**Total Carbohydrate** 91.6 g 30%

Dietary Fiber 20.5 g 82%

Sugars 20.9 g 83%

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**Protein** 20.8 g 41%

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