



SLOW COOKER MINISTRONE SOUP

ingredients:

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| 1 can (28 ounces) whole tomatoes | 1/4 teaspoon red pepper flakes (optional) |
| 1 can (6 ounces) tomato paste | 2 teaspoons dried oregano, divided |
| 6 cups fat-free, less-sodium vegetable broth | 2 teaspoons dried basil, divided |
| 1 1/2 cups cannellini beans, drained, rinsed | 1 teaspoon dried thyme, divided |
| 1 cup diced onion | 1 cup dry elbow macaroni |
| 1 cup chopped carrots | 4 cups baby spinach leaves, lightly packed |
| 1 cup chopped celery | 2 Tablespoons vinegar |
| 1 cup green beans, cut into bite-size pieces | 11 Tablespoons grated Parmesan cheese |
| 4 cloves garlic, minced | |

directions:

1. In a large slow cooker, combine whole tomatoes with juices (crushing each tomato by hand), tomato paste, broth, cannellini beans, onion, carrots, celery, green beans, garlic, red pepper flakes (for heat if desired), 1 teaspoon oregano, 1 teaspoon basil, and 1/2 teaspoon thyme.
2. Set cooker on high and cook soup for 4 hours.
3. Prepare macaroni according to package directions, omitting the salt. Add cooked pasta, spinach, remaining oregano, basil, and thyme and cook an additional 30 minutes. Add vinegar when cooking time is complete.
4. Each serving consists of 1 cup soup, garnished with 1 tablespoon grated Parmesan cheese.

Yield: 11 (1 cup) servings

Nutrition Information Per Serving:

- 115 Calories
- 1 gram Fat
- 1 gram Saturated Fat
- 3 mg Cholesterol
- 470 mg Sodium
- 20 grams Carbohydrates
- 5 grams Fiber
- 7 grams Protein

Food exchanges:
4 vegetable



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